

# Physical Education Newsletter

## April

*Mr. Fisher*

	April
Kindergarten	Frisbee Throwing Skills/Scoops
1 <sup>st</sup> Grade	Frisbee Throwing Skills/Scoops
2 <sup>nd</sup> Grade	Ultimate Frisbee/ Lacrosse
3 <sup>rd</sup> Grade	Ultimate Frisbee/ Lacrosse
4 <sup>th</sup> Grade	Ultimate Frisbee/ Lacrosse
5 <sup>th</sup> Grade	Ultimate Frisbee/ Lacrosse

Hello Meadowbrook Families!

With the weather finally warming up and the ground/grass drying, I have been looking forward to taking the students outside as much as possible. It has been great hearing about all the activities students enjoyed over break. Fortunately, I was able to ski and frisbee/disc golf in Montana.

Frisbee golf is a big hobby of mine so I am excited to share frisbee throwing skills with the students during the month of February. As long as the weather cooperates, I will be taking the students outside to learn skills in throwing frisbees and applying those skills in frisbee golf, ultimate frisbee, leisure play, and a game called Kan Jam.

I would prefer to keep the frisbee throwing outside for the open space as the gym would be little hectic with frisbees flying. On the rainy spring days, we will be applying handball skills to lacrosse because we ran out of time for that in March. The younger students will use different equipment like rings and foam frisbees to enhance their throwing skills. They will also use scoops and wiffle balls as an introduction to lacrosse.

During March, all grades really enjoyed performing different activities with the parachute and using skills involved in handball such as catching, throwing, and passing.

I am excited to continue building relationships with these students and helping them learn to value their health.

Let's all be physically active!

Quenten Fisher