

Physical Education Newsletter

February

Mr. Fisher

	January
Kindergarten	Scarves, directions, spatial awareness, and pathways
1st Grade	Scarves, directions, spatial awareness, and pathways
2nd Grade	Volleyball/Practice Goal Setting
3rd Grade	Volleyball and Goal Setting
4th Grade	Volleyball and Goal Setting
5th Grade	Volleyball and Goal Setting

Hello Meadowbrook Families!

We have LOTS of snow! Are snow days not a thing here in Waukesha? As I suggested last time, I hope you get the chance to go out in the snow and walk around, build snowmen, make snow angels, ski, ice skate, snow board, cross-county ski, ice fish, or snowshoe. The possibilities are endless!

During the month of January, the students learned about using long-handled implements in hockey. They honed in their skills with hand-eye coordination. Students exercised using their hockey sticks with safety.

Thank you for encouraging third through fifth grade grades to work on their goal setting through different physical activities. During January, we will test our physical fitness and try to crush our goals! They will be performing the pacer, push-ups, plank, and arm hang. I am eager to see them create new goals to reach.

We will also be using our manipulative skills in volleyball. Students will be learning how to underhand serve, overhand serve, set, and forearm pass. During small-sided games, they will put these skills together.

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