

Physical Education Newsletter

March

Mr. Fisher

	March
Kindergarten	Parachute and handball
1st Grade	Parachute and handball
2nd Grade	Handball and Lacrosse
3rd Grade	Handball and Lacrosse
4th Grade	Handball and Lacrosse
5th Grade	Handball and Lacrosse

Hello Meadowbrook Families!

The snow has melted! The birds are singing! The days are getting longer! We should embrace the weather and go outside as much as possible. If you can, I would highly encourage to take some walks, go to the local parks, and play outside to enjoy the sun and fresh air.

During the month of February, the students performed their fitness tests and worked on their goal setting. A lot of students crushed their previous spring goals, so new goals have been made. I am very proud of our students! I appreciate your efforts to encourage your students to stay active so they can continually reach their goals.

Along with goal setting, the students learned about their manipulative skills in volleyball. Student learned how to underhand serve, overhand serve, set, and forearm pass. During small-sided games, they put these skills together. They loved using beach balls and I played some Beach Boys music to really give the proper scene.

The kindergarteners enjoyed using scarves to learn how to volley and use their hand-eye coordination. They also used their locomotor movements to create a sequence with a partner using different directions, spatial awareness, and pathways. We had a show and tell day where they demonstrated with their friends.

Moving onto March, we will be learning the invasion games of handball and lacrosse. Kindergarten and first grade students will use the parachute and practice the skills of catching, throwing, and passing in handball.

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