

WHAT'S HAPPENING IN P.E.? (January, 2019)

It is that time of year when it is too cold to go outside, when kids don't want to play outdoors, or we have inclement weather that prohibits our ability to enjoy the outdoors. So what could the kids do in order to get that much-needed exercise?



- Don't forget about swimming lessons or swim teams. Swimming is an excellent overall, full body sport that is considered a lifetime sport.
- Jump rope for 10 minutes each day. A jump rope makes an excellent gift for boys or girls. Jumping rope works on overall coordination and timing. This will help prepare kids for the Meadowbrook Jump Rope for Heart week coming up in February.
- Dance to 4 or 5 songs on the iPod, iPad, the radio, or CD player. Dance is an excellent form of exercise and can be a great deal of fun for the whole family.
- Walk or jog for 15-20 minutes every other day – making a walking “track” around the house from room to room, (including those basement stairs) can make walking fun and still gives the kids exercise. Have the kids plot out what the track plan; have them make a drawing. See how many times the kids can complete the course in 15 or 20 minutes.

So many other things can be done in the house or basement during the winter months. Only your creativity limits what can be done!

Kindergarten through second graders have been working on various problem solving games and chasing and fleeing games that involve strategies. They have enjoyed games like Crossover and Mission Impossible; ask them about the strategies or rules of these games to spark a family discussion.

Grades 3-5 have also played strategy games, Mission Impossible being an all-time favorite. Have your child explain the concepts and strategies involved in this game.

Lastly, Jump Rope for Heart will be coming up during National Heart Month, February. Donation information for this worthy cause will be coming home during the last week in January.

As always, if you have any questions or concerns, please feel free to call me (262-970-2064) or email me (tstencil@waukesha.k12.wi.us).

