

Physical Education Newsletter

January

Mr. Fisher

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Kindergarten	Short-handled Implements
1st Grade	Floor Hockey/Jump Ropes
2nd Grade	Floor Hockey/Jump Ropes
3rd Grade	Floor Hockey/Jump Ropes
4th Grade	Floor Hockey/Jump Ropes
5th Grade	Floor Hockey/Jump Ropes

Hello Meadowbrook Families!

I have heard many wonderful stories about what students did over break. The snow is finally here! 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!

It seemed like the students had a blast learning about balance, tumbling, and rock-climbing while being safe. We even added pogo sticks, stilts, and some scooters.

During the month of January, the students will have a unit on floor hockey and jump-roping sprinkled in. Floor hockey is considered a long-handled implement sport which involves a lot of hand-eye coordination. Jump-roping is an awesome cardiovascular exercise and can greatly increase someone's endurance. The younger students will learn about using short-handled implements and volleying with it.

I would continue to encourage third through fifth grade grades to work on their goal setting through different physical activities. They can log those results and upload that document in Google classroom. We will check back on these frequently to continue working on our goals.

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