

What's Happening in P.E. during March?



During the past couple of weeks the students in all grades have been working on striking skills. Second through fifth grade have played various lead up games for floor hockey and are now learning the game of floor hockey. They are also learned the differences in rules between floor hockey and ice hockey. Kindergarten and first grade have played lead games using short pool noodles instead of floor hockey sticks in order

to have a safer learning experience. With one more week to go, students will experience the game of pillo polo.



Fitness testing time is fast approaching! We will be working on our fitness practice tests throughout April and into May. These assessments will include scores for the curl-up test (sit-ups), flexed arm hang/pull-up test, sit-and-reach test for flexibility, distance run, PACER test, shuttle run test for agility, and the distance run ($\frac{1}{4}$ mile for grade 1, $\frac{1}{2}$ mile for grade 2, $\frac{3}{4}$ mile or mile for grade 3, and mile run/walk for grades 4 and 5).

Many times the students ask me how to improve their flexibility. Stretching three minutes in the morning and three minutes before bed can help to increase overall flexibility by 1-3 inches. Letting the body hang over (the old "toe touch" position) for 30 seconds will help improve flexibility in the hamstrings and lower back. This should be done at least 3-5 times and for 30 seconds. Stretching and holding for less than 30 seconds is not a true stretch.



Improving upper body strength is also an area where many students show weakness.

To improve upper body strength: push-ups, push-ups, push-ups! Doing a modified push-up with the correct form (knees on the ground, feet up, and back straight) is much more important than doing a push-up with a sagging back up on the toes. Lifting heavier books or soups cans overhead or out to the side can also help to improve strength. These types of exercises should be done in sets of 10 (about three sets) until improvement is shown or the exercise becomes too easy. Lifting weights at a young age is not advisable.

Please encourage your children to practice for their fitness tests. Running 1 lap around the outside of Meadowbrook, on the sidewalk, and including the perimeter of the playground will equal a one-quarter mile run.

If you have any questions or concerns, please feel free to contact me at tstencel@waukesha.k12.wi.us or 262-970-2064.