

What's Happening in P.E.?



Grades K-5 have been working on jump rope or hula hoop routines that will have to be performed in front of their classmates. Students in kindergarten can do a performance with a hula hoop or with a jump rope, dance moves can be incorporated. The first and second graders had the the choice of an individual, partner, or small group jump rope routine. The students in grades 3-5 were allowed to choose to work individually, with a partner, or with a small group as well. They also had a choice of long group ropes, individual ropes, or Chinese jump ropes. The kids are really enjoying writing and practicing their routines. I am amazed at the jump rope skills, creativity and improvement students in all grade levels have demonstrated.

The culmination of our jump rope unit will be a Kids' Heart Challenge Jump Rope Event. For the past eight years Meadowbrook has been raising money for the American Heart Association. This year we are doing the same and information regarding the Kids' Heart Challenge can be found [here](#). Thank you in advance for your consideration regarding making a donation. Making a donation is completely optional. If you did not receive a Kids' Heart Challenge envelope and would like one, please have your child pick one up during his/her physical education class. **All donations are due by Wednesday, May 22, 2019.**

Lastly, thank you for your continued support for physical education and for getting your children off the video games and keeping them active through the summer. Staying active keeps the heart, mind, and body healthy and strong. Stay active and enjoy your summer!

This is the last P.E. newsletter for this school year! Thanks for a great one!

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