

What's Happening in P.E. in November?



Throughout October and into November students have been working on various activities that focus on improving hand-eye coordination. Grades K-2 are continuing to work on aim, proper throwing technique - including stepping forward with the opposite foot when throwing underhand or overhand as well as rolling/sliding an object. When practicing these skills at home, please work with your child on using the proper technique; making an 'L' with the throwing arm, rotating hips/trunk, stepping forward with the opposite foot, extending the arm up and out and following through to the target are all the tips that are used when students work on throwing. Students in grades K-2 often say, "Point, step, and throw" to remind themselves to use the correct throwing pattern.

Third through fifth grade is involved in a volleyball unit; skills such as bumping/passing, setting, and serving are practiced during Phy. Ed. Many lead-up games are used to incorporate these skills into game play as well as applying the rules of volleyball.

Practicing skills and exercises at home is a great way to instill healthy lifetime habits for your children. With the holidays approaching jump ropes, stopwatches, bosu balls, balance equipment (stilts, pogo sticks), etc. always make great gifts.



Lastly, this month during various November lunch recesses, students in grade 3-5 have had the opportunity to participate in the Elks' Free Throw Shooting Contest. Students shoot ten free throws being allowed 2 practice shots. The winner (most out of ten) in each age group, girls 8-9 age division, girls 10-11 age division, boys 8-9 age division, and boys 10-11 age division (age as of April 1, 2018) will have the opportunity to represent Meadowbrook at the citywide contest. More

information will be available once the winners are determined.

As always, if you have any concerns or questions, please feel free to contact me.

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