

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



During September and into October the kindergartners continue to work on spatial awareness, locomotor movement, and gross motor skills. They have really worked hard on learning to throw using the proper body mechanics: elbow up, throwing hand near ear, step with opposite foot to create power, rotate trunk, follow through. Obviously, it is put in much simpler terms for the kindergartners: “Point, step and throw, here we go!” or “Elbow high, let it fly!”

Grades 1 and 2 have spent time reviewing basic skills for throwing, catching, kicking with a soccer style kick as well as learning to punt. They have played many lead up games to practice this skills, Sharks and Minnows Soccer, Battleship, and Pin Down Soccer.. The third-fifth graders played a modified version of flag football with many students demonstrating an excellent understanding of the game and an improvement in their skill development.



Lastly, students in grades 2-5 had their first P.A.C.E.R. test. What is the P.A.C.E.R. test? The following information will explain the test:

P.A.C.E.R. TEST - students reflect on their goals, fill out a scoresheet and try to increase their cardio endurance each time the test is given

- I can engage regularly in a health-enhancing level of physical fitness.
- I can achieve my goal by demonstrating my best effort.

S3: Students will engage regularly in health-enhancing levels of physical activity.

S4: Students exhibit responsible personal and social engagement that allows themselves and others to succeed.

Aerobic capacity is perhaps the most important area of any fitness program. The P.A.C.E.R.

(**Progressive Aerobic Cardiovascular Endurance Run**) is a multistage fitness test adapted from the 20 meter shuttle run.

The test is progressive which means it is easy in the beginning and gets more difficult as it continues. The test will give a good approximation of how healthy a student is in terms of aerobic cardiovascular endurance capacity (heart health).

We will continue to work on our fitness skill development in all grades as well as start to work on hand-eye coordination, tracking skills, and volleyball concepts. You may hear your child share their excitement about the rock wall in the coming month as we will do center work that incorporates the wall, balance equipment, agility ladders and many more fitness related skills and activities.

I have a “Be Active” bulletin board. If your child is participating in an activity after school or on the weekends such as running a race, swimming lessons, going for a bike ride, or playing in a soccer game, please feel free to share a picture with me. You may email your “active” pictures to stencil@waukesha.k12.wi.us and I will be happy to print them out and post them on the bulletin board; I do not post names just the activity. Next month look for information on the Elk’s Free Throw Shooting Contest.

