



Physical Education November Newsletter

Mr. Fisher



Hello Meadowbrook Families!

It has been wonderful seeing the students learn and be active together. I hope you have had the chance to enjoy the outdoors and watch the colors change. It's a beautiful time of year. I was excited to make it over to La Crosse and hunt in the driftless area. It was a successful trip after hiking a mile into the bluffs across a stream and 400 feet up in elevation.

During October, the students learned about goal setting and started off strong in the different exercises. Hopefully they can crush those goals in the spring! The younger students learned about movement concepts such as spatial awareness and directions. They also briefly learned about volleying, throwing, and rolling. The older students learned about volleying skills and implemented those skills in a game-like setting.

Moving into November, the older students will be learning about bowling and how to score the game. The younger students will focus more on the technique and using different speeds and force. We will also learn about accuracy and consistency. Later in the month, we will start a dance unit where we will learn some line dances as well as create our own.

October brought some fun events and I was excited to help out in the Walkathon and our first annual costume parade. I love having the whole school in the gym and seeing all the smiles they lighten the room with.

One of my goals this year is to really focus on teamwork. I value building relationships with my students and I want them to get to know each other, be willing to work with everyone, and be empathetic towards one another. This will help maximize learning, build positive dynamics in the class, and help students gain important life-skills.

It is my passion to help my students learn to value their health. I hope they recognize the importance of physical activity and get involved outside of school.

Let's all be physically active!

Quenten Fisher



Here's what's happening in the month of November!

Kindergarten	Underhand Rolling, Dance
1 st Grade	Underhand rolling, Dance
2 nd Grade	Bowling, Dance
3 rd Grade	Bowling, Dance
4 th Grade	Bowling, Dance
5 th Grade	Bowling, Dance