



# Physical Education October Newsletter

*Mr. Fisher*



Hello Meadowbrook Families!

We are back into the swing of things. It has been wonderful seeing familiar faces and getting to know the new ones. Because the weather was beautiful, we started off outdoors with some foot-skills in soccer while the younger grades learned about their locomotor movements. Locomotor movements include walking, running, jumping, hopping, skipping, sliding, leaping, and galloping.

Moving into October, the older students will be learning about goal setting through different physical activities. Push-ups, the plank, running in the pacer, and the arm hang. We also stretch daily in our warm-ups. These will help contribute to the components of physical fitness which includes cardiovascular endurance, muscular strength, muscular endurance, and flexibility. We will perform the tests in the spring to see how we did in achieving our goals through the SMART process: Specific, Measurable, Attainable, Relevant, and Time-bound.

The younger students will be learning about manipulative skills such as volleying, throwing, and catching using different types of equipment. They will also learn about movement concepts such as spatial awareness and directions.

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.

I am excited to be a part of the Walkathon on Friday, October 8th!

Let's all be physically active!

Quenten Fisher



## Here's what's happening in the month of October!

Kindergarten	Manipulatives (Bean bags, scarves, hula hoops, deck rings)
1 <sup>st</sup> Grade	Manipulatives (Bean bags, scarves, hula hoops, deck rings)
2 <sup>nd</sup> Grade	Into to Goal Setting
3 <sup>rd</sup> Grade	Goal Setting
4 <sup>th</sup> Grade	Goal Setting
5 <sup>th</sup> Grade	Goal Setting