

Physical Education Newsletter

December

Mr. Fisher



	December
Kindergarten	Tumbling and Balance
1 st Grade	Tumbling and Balance
2 nd Grade	Rock Climbing, Tumbling, and Balance
3 rd Grade	Rock Climbing, Tumbling, and Balance
4 th Grade	Rock Climbing, Tumbling, and Balance
5 th Grade	Rock Climbing, Tumbling, and Balance

Hello Meadowbrook Families!

It is hard to believe we still do not have snow on the ground! The younger students practiced underhand and overhand throwing while the older students enhanced their basketball skills. I would continue to encourage third through fifth grade grades to work on their goal setting through different physical activities. They can log those results and upload that document in Google classroom. We will check back on these frequently to continue working on our goals.

Tumbling and balance includes all sorts of exciting activities such as using the balance equipment, pogo sticks, stilts, foot scooters, and balance beams. All the students will be introduced to rock climbing and the older students will be able to fully climb the wall.

While having fun learning about balance, tumbling, and rock climbing, safety is my number one priority. Students will exercise this safety with precaution in a zero-tolerance policy. As a reminder, students need to be wearing masks while in physical education. I understand that it can be cumbersome and annoying to be breathing through fabric, but it is mandatory to wear them for everyone's safety. I would suggest wearing masks instead of gators because gators tend to fall down often during physical activity. Thanks for your understanding!

I am excited to continue building relationships with these students and helping them learn to value their health.

Let's all be physically active!