



Physical Education September Newsletter

Mr. Fisher



Hello Meadowbrook Families!

We're back! It almost seemed like summer would never end. The weather was beautiful so I hope you all made many memories being active outside. I tried to make the most of it and ended up disc golfing over 80 rounds! I also camped, fished, got married, traveled to the Virgin Islands, and spent a lot of time with my family and friends. I cannot wait to hear all of your stories from your summer!

As we get back into the swing of things, there are some reminders and protocols I like to review.

- 1.) Teamwork- Work well together with everyone and get to know each other.
- 2.) Being active- come and be ready to exercise.
- 3.) Helping others- help others, and challenge yourself.
- 4.) Sportsmanship- encourage others, be positive, and be safe.
- 5.) Safety- be appropriate, use the equipment properly, and be aware of your surroundings.
- 6.) Hygiene- wash hands frequently, sanitize, and be appropriate.



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.

At the beginning of the year, I always start the first few classes with team-building for all ages, locomotor movements for the younger grades, and goal setting for the older grades.

I am very excited to continue learning about my students, getting to know the new faces, and travel to a Bethesda Elementary to teach a couple classes there as well!

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 September!

Kindergarten	Locomotors
1 st Grade	Locomotors
2 nd Grade	Goal Setting
3 rd Grade	Goal Setting
4 th Grade	Goal Setting
5 th Grade	Goal Setting