



# Physical Education September Newsletter



*Mr. Fisher*

Hello Meadowbrook Families!

It is crazy to think that we are nearing the end of school! Now that the weather is getting warmer and drier, we have been going outside more for physical education. Spring is a beautiful time of year. I understand that some students may have allergies so I as long as the students let me know, they can definitely take a break and catch their breath.

The students have done an amazing job practicing their skills in throwing frisbees. They have been playing disc/frisbee golf which can be individually competitive, a game called Kan Jam where you are playing with a partner, and ultimate frisbee as a team game.

As we near the end of the school year, many of the students have been begging to practice skills used in football. In addition to football, we will learn other team games such as baseball/softball and work together to enhance our skills and score.

With the younger students, we will break down the team sports and work on the manipulative skills such as hitting a wiffle ball off a tee. We will also work on grounding and returning the ball to the tee.

It has been a wonderful year building relationships with these students and helping them learn to value their health. I hope they recognize the importance of physical activity and get involved during the summer.

I am excited to golf, disc golf, fish, hike, camp, and travel. I hope you have a wonderful summer!

Let's all be physically active!

Quenten Fisher



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

Kindergarten	Team Games/target skills
1 <sup>st</sup> Grade	Team Games/target skills
2 <sup>nd</sup> Grade	Team Games
3 <sup>rd</sup> Grade	Team Games
4 <sup>th</sup> Grade	Team Games
5 <sup>th</sup> Grade	Team Games