

Physical Education Newsletter

September

Mr. Fisher

	September
Kindergarten	Locomotors
1st Grade	Locomotors
2nd Grade	Goal Setting Team-Building
3rd Grade	Goal Setting Team-Building
4th Grade	Goal Setting Team-Building
5th Grade	Goal Setting Team-Building

Hello Meadowbrook Families!

It has been a great couple weeks getting to know the students and staff here. I feel welcomed and a part of the family already.

Through my adventure education background, the first few weeks in September have been designated for team-building and learning about each other. Expectations have been established and we are holding each other accountable.

Over the next few weeks, the younger students will be going over locomotor movements such as jumping, skipping, hopping, running, leaping, galloping, sliding, and walking. Then we will move into non-locomotor movements such as rotating, twisting, raising, and turning.

As for the older students, we will be learning about goal setting through different movements. We will be using pedometers and keeping track of our progress. Components of physical fitness will be covered which includes cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

I am excited to continue getting to know my students and foster learning!

Let's all be physically active!

Quenten Fisher