



## PHYSICAL EDUCATION

### 3<sup>rd</sup> Quarter

#### What we learned in PE

##### K-2<sup>nd</sup> Grade

-3<sup>rd</sup> quarter began with manipulative skill stations using hula hoops, basketballs, scooters and jump ropes. We then moved on to parachute activities (which they loved!). Our next unit involved volleyball skills using different sized beach balls. Finally, we finished off the quarter with a jump rope unit. Students learned different single jump rope tricks as well as partner tricks. Long ropes were also a big hit!

##### 3<sup>rd</sup>-5<sup>th</sup> Grade

-A floor hockey unit started off the 3<sup>rd</sup> quarter. First, learning the basic skills and then moving on to games. Our next unit was the parachute where cooperation was essential! The students then had a volleyball unit where they worked on passing, setting, and serving skills followed by games. We ended the quarter with a jump rope unit. The students learned tricks as well as choreographed and performed a jump rope routine.

##### 6<sup>th</sup>-8<sup>th</sup> Grade

-We started off the quarter with a floor hockey unit where the students practiced basic skills of dribbling, passing and shooting followed by games. A few days of scooter dodgepin was followed by a volleyball unit. They practiced basic skills such as passing, setting, hitting and serving. Finally, the students played volleyball games before our Health unit began. The lesson taught the students about positive and negative stress and how to manage it.



### JUMP ROPE FOR HEART/HOOPS FOR HEART

I want to give a BIG shout out to those of you who gave a donation to the American Heart Association. With both online and envelope collections, our school has raised over \$2000! I will have the exact amount by the end of the week after all donations have been turned in. I was extremely impressed at how our students and their families responded with their BIG hearts to those who have sick hearts.