



## Physical Education Newsletter

### 1<sup>st</sup> Quarter

#### What we are learning in PE

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

-We started the year practicing our locomotor skills (running, skipping, galloping, etc.) and non-locomotor skills. Next, we moved onto throwing and catching fundamentals. We are now working on paddle skills, which are skills that prepare one for racket and paddle sports, such as tennis, badminton, and pickleball.

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

-We started the year with a soccer unit, learning how to dribble, trap, pass, and shoot. Next, we moved to Frisbee fun; practicing throwing and catching a Frisbee as well as Frisbee golf. The students also learned a new game called Ultimate Ball. We worked on football skills for several days and are now playing flag football.

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

-We started the year with a soccer unit, practicing dribbling, trapping, passing and shooting and then played games. Next, we worked on throwing and catching Frisbees and then had fun playing Frisbee Golf and Ultimate Frisbee. After practicing throwing, catching, and punting a football, the students are enjoying flag football games.



## Mileage Club



The Mileage Club is a running, jogging, and walking club that is incorporated into physical education class as well as recess. I am keeping track of all laps completed by each student and Toe Tokens are awarded for every 5 miles. All students are members and will run some laps during PE., however, some students are running during recess and are racking up the miles. I have some students who have run over 10 miles already!

\*Please remember to have your child keep a pair of indoor gym shoes at school. Also, we will be going outside for PE and recess as long as possible so please make sure your kiddos are dressed for the weather.

If you have any questions contact me at: [melissa.dunne@nettlecreek.org](mailto:melissa.dunne@nettlecreek.org)



# PHYSICAL EDUCATION

## 2<sup>nd</sup> Quarter

### What we learned in PE

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

-We began 2<sup>nd</sup> quarter with learning underhand and overhand throwing skills. The students then played games like “Monsterball” and “Guard Your Pin” using those skills. A basketball unit was next where the students practiced basketball skills in stations. Next, the students enjoyed scooter activities like “Scooter Basketball,” “Scooter Soccer,” “Scooter Hospital Tag,” and their favorite, “Pirates of the Caribbean!”

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

-We started the 2<sup>nd</sup> quarter with cooperative games involving throwing, catching, and shooting. Some of those games were “Floop,” “Monsterball,” and “Guard Your Pin.” The next unit was basketball where the students practiced skills in stations and then played “Hot Spots” and “The Ultimate Shooting Game.” At the end of the quarter the students used the scooters for many different activities like “Hospital Tag,” “Scooter Soccer,” and “Scooter Basketball.”

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

-The 2<sup>nd</sup> quarter began with cooperative throwing and catching games like “Monsterball,” “Floop,” and “Around the World.” The students then moved on to a basketball unit which involved practicing skills followed by playing basketball games. We completed Chapter 1, “Living a Healthy Life,” from our Health books. The students answered lesson questions and took a test over the chapter. The quarter ended with a scooter unit, which included “Scooter Basketball,” and “Scooter Soccer.”

### MILEAGE CLUB

Congratulations to Zara Lugo for leading the club with 30 miles!! The Second Place leader is Mersadies Crose with 22 miles and Third Place right now is Savannah Mwaba with 18 miles. Way to go!!!!

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