

November



Here is What's Happening in P.E. for the Month

Kindergarten: If your child is in 5K they are going to be working on various animal walks. Ask your child what walks they have learned and can perform for you. We also will bring out the large Omni balls and do some fun activities with these. These activities will work to increase their sense of balance as well as increase their strength.

1&2: Your child will be working on jump rope skills [both long & short]. Ask your child how important the twirl is and if the/she has mastered the double bounce. Your child also will have fun with the large Omni balls to continue working on our upper body strength while teaching teamwork in the activities.



3&4: The 3rd and 4th graders will be working on sharpening their basketball skills. Fundamentals such as dribbling, passing, and correct shooting form will be stressed. Fun, new lead up basketball games will be introduced. We also will be using scooters, a fun unit the kids love.

