



# *PE Newsletter* October 2010

**K-1** We are still learning and practicing locomotive skills. Ask your child to gallop, march, or skip for you. We are working on personal space, balancing, and beginning to add equipment. Students are learning how to stretch and warm up. We are struggling to understand pushups and sit ups. Have your child practice them with you at home, it is important for them to work on these things at this age.

**2-5** The great weather continues which is a blessing for the PE classes. We continue to take advantage of the weather by practicing soccer skills outside. We are emphasizing that students do NOT kick with their toe. Although they might get more power from it at a younger age it doesn't allow a controlled shot or pass. It doesn't help with their understanding and development as a soccer player. We are working on ball touch, passing, shooting, and finding the open space. It's exciting to see them use moves we work on during class in games. Also, they are working on volleyball rules and basic passing and serving.

**6-8** Our student led curriculum is really working well for the middle school students. It has been great to see students leadership skills put into action. With our guidance we have seen students really thriving and learning things they wouldn't have without individual attention. Thanks to a great fall we've been able to enjoy the outdoors! We are playing soccer games right now and we have seen great teamwork and foot skills. 8<sup>th</sup> graders will write a lesson plan and lead the class once a month starting in November. We are excited to see their creativity.

PE Department

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