



PE Newsletter



K-1 In December we are able to work on basic tae kwon do moves. We practiced a few basic strikes and blocks. We continually stay active and work on locomotive skills which are very important for children at this age. We also practiced some hand eye coordination activities with scarves which will help us learn how to juggle when we get older. We are moving on to ball skills and cross fit for the month of January.

2-5 We were working on two different activities before Christmas; tae kwon do and juggling. We learned what tae kwon do stood for and how to say ready on Korean. We worked on three basic strikes, blocks, and kicks. In juggling we are working on good hand eye coordination. Some students were able to use three balls and others were still working with two. If students were able to juggle the balls 20 times in a row they could sign the sheet and join the “Juggling Club”. We are beginning basketball skills for the month of January.

6-8 We went away from the student led curriculum for the month of January and worked on three different activities. Students were able to use the mats to practice their strikes and kicks. They put their blocking skills to use in slow motion sparring. They also worked on juggling which comes more nature to some than others. We had our first girls join the Juggling Club this year! (see 2-5). A few students were able to try using basketballs or foam bowling pins. Some students preferred to practice with scarves. We also added a little speed stacking which helps students become more ambidextrous. We hope to incorporate it a little more through the different grades in the future. We also have seen some of the 8th graders lead the class in their lesson which has been fun to watch and evaluate. We will see a few more during our basketball unit this month.

PE Department

Abbie Broekhuis

Kari Carter

Ben Donahue