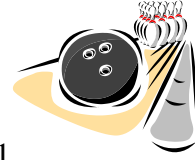


PE Newsletter

April 2011



K-1 Happy fourth quarter to everyone. We are hoping that we will have great spring weather outside soon since we are all about ready to do some outdoor activities. We finished practicing jump ropes. We will continue to incorporate jump ropes, scooters, and hula hoops throughout the rest of the year. We are learning the correct way to hold a bowling ball and the approach. If you get a chance to take your children bowling I am sure they would love to show you what they've learned.

2-5 Happy fourth quarter to everyone. We are hoping that we will have great spring weather outside soon since we are all about ready to do some outdoor activities. We would like to be start throwing the Frisbees outside soon. We were able to attend a Physical Education conference and brought back some new games and activities we are excited to incorporate into the curriculum. We were able to work on some different jump roping skills. The students found out quickly what a great cardio jump roping can be. We are also doing some bowling. I am sure your child would enjoy going to bowling alley to show you what they've learned.

6-8 We are on the last leg of the year and are ready for the sun to shine and the ground to be dry. We have some great outdoor activities we would like to get to. Students just finished doing their jump rope routines before Spring Break. We are going to try to get some clips of them up on the website. Students were surprised what a good cardio work out and how much more difficult than they expected that jump roping could be. We say a lot of creativity in their routines. Right now we are playing a school favorite, a game called ultimate ball. This game incorporates soccer, football, basketball, and team hand ball. We will also do a little bowling and practice keeping score manually. It's good to do a little math in PE class. ☺ We hope to be outside soon so we can all get some fresh air.

PE Department

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