



# *PE Newsletter*

February 2011

**K-1** In January we were able to work on basic balls skills of passing/catching, dribbling with one hand, and using foam balls to practice shooting with the correct shooting form. This month we'll be working on hand/eye coordination skills using a paddle and ball. We'll also be learning and practicing how to jump rope.

**2-5** We just finished learning the basic rules and skills of basketball. We emphasized the pivot and triple threat as a great way to be strong with and control the ball. We worked on the three options out of the triple threat; passing, dribbling, and shooting. We use the B.E.E.F. as a tool the help students develop good shooting form (Bend knees, Elbow underneath, Extend your arm up, Follow throw).

**6-8** We had the coaches help us work with each group to develop students basketball skills and understanding of the rules. We introduced the pick and roll to help you teammates get open. We also worked on good defensive positioning. We were able to split the class based on skills and knowledge so everyone got to play games with and against people comparable in abilities which allowed everyone to been equally a part of the action.

PE Department

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