



Physical Education

Ms. Nicole Chatelain, PE

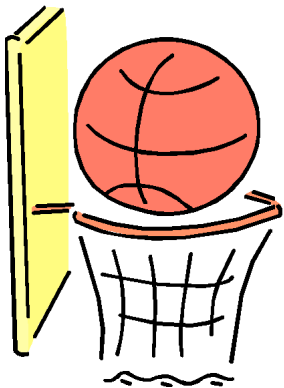
Announcements

Girls, please remember to wear shorts under your jumpers. It would be a good idea for some of our games.

Reminders

Weekly Verse:
Psalm 141:3

Lord, guard my mouth.
Keep watch over the door
of my lips.



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We're on the WEB!
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Physical Education In November



K4 -K5

We have made it through another month and the students are moving and learning! In our Action Based Learning Lab, we are jumping, balancing, crawling, hopping, and spinning! We are currently working on our Vestibular Development: Development of inner ear to coordinate of the auditory, visual, and kinesthetic senses; Spatial Awareness, Body Control, Dynamic Balance, Locomotor skill development. These concepts aid the brain in putting numbers or letter in sequence, discriminating different sounds, placing letters and words in a page, and writing letters in proper proportion. We will soon be moving onto Visual-Motor Control. Look for next months newsletter to learn more about it!

1st - 6th

We have finished our Practice Physical Fitness Test and are ready to move onto a different sport this month. Their testing went great! The students got to see where they are at in their fitness and where they need to improve. You will soon receive a copy of their results. Our sport this month is Basketball. We will learn how to dribble with one hand, to pass, and how to shoot. We will learn and play some shooting games to practice our skills. We will end our sport with a nice friendly game of Basketball.