



Physical Education



Ms. Nicole Chatelain, PE

Practice Physical Fitness Test: Oct. 20 - Oct. 30.

2nd Chance in March

Pass all 5 areas to receive an award and a physical fitness patch.

Reminders

Girls, you are allowed to wear shorts under your jumpers. For some of our activities, that would be a good idea!

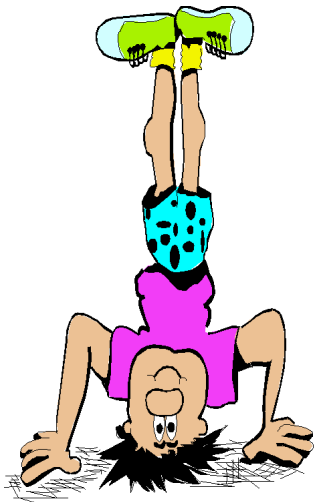
Physical Education Get Yourself Moving!

First through Sixth Grades

We just finished a session of Soccer with a friendly game within our classes. *Everyone was Awesome!!!* Now, on to Fitness... We are preparing for our Practice Physical Fitness Test that will be held Oct. 20th - Oct. 30th. Your child will be tested in 5 areas: Shuttle Run, Push Ups, Sit Ups, V Sit and the Run. This practice test is to see where your child is at according to the minimum standards for his/her age. After the parachute test, your child will be given his/her results along with the standard for their age. If there is an area your child did not pass, he/she will have another chance to pass in March. If all 5 areas are passed, your child will receive an award and a fitness patch at the end of the year at the God's Gift Ceremony. Good Luck to all!!!!

K4-K5

The year has started off great!!! We are learning about space awareness and self control to apply to our classroom games. In our Action Based Learning Labs, we have worked on crawling, creeping, balancing jumping, and landing. We are now moving on to Integrating the Senses. This will include rollin pattern jumping, hoping, and balance on beams. For those who are new to our program, the Action Based Learning Lab is a motor development program based on brain research that supports how movement improves brain function. We do our labs twice a week in gym which leaves plenty of time for all of those fun games we have been learning.



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