We are Keeping Things Moving in Physical Education!

Kindergarten and First Graders have been working on Spatial Awareness and traveling safely while using a variety of locomotor movements. We have learned a few new games and have used a variety of equipment to introduce manipulative skills using their feet (Soccer Skills). Recently during the parachute unit students demonstrated the ability to follow multi-step directions and work cooperatively with their peers. Students will continue to work on their locomotor skills and fitness throughout the school year.

Second Graders recently began learning to combine locomotor and nonlocomotor skills to improve the quality of their movement.

We have completed our unit of ball manipulation through soccer skills. Please take the time to ask your child to explain Kicking and Punting and to demonstrate the skills for you. Students have demonstrated knowledge by using a variety of locomotor and nonlocomotor skills and changing the amount of force used to control an object.

We recently completed a mini unit using the parachute. During this unit students are demonstrating the ability to follow multi-step directions and
work cooperatively with their peers. Students will continue to work on their locomotor skills and fitness throughout the school year.

**Physical Education Rules**
- Listen & Follow Directions
- Dress Ready For Activity (Athletic Sneakers w/ shoelaces or velcro)  
  * Please refrain from having your child wear a dress or skirt on P.E. Day
- Give Your Best Effort
- Respect Others and Equipment
- Keep All Body Parts To YOursel
- Be A Good Sport

**Looking Ahead:**
- Kids Heart Challenge (previously known as Jump Rope for Heart) will take place during Physical Education Classes The week of January 27th through January 31st. Notices will be coming home the week of December 15th.