

COUGAR P.E. NEWS

A monthly newsletter brought to you by the Physical Education and Wellness Team

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COACH STIER AND COACH DESANTIS



Top stories in this newsletter



Gym Renovations



Proper Footwear



Drink Water



GAGA Ball

Gym Renovation



This week we received the first delivery of the new wooden floor for our gymnasium. Our new anticipated completion date has been pushed back to mid-November. We are extremely excited to be able to see the light at the end of the tunnel.

No Crocs - Proper footwear only



As a reminder...

Students must wear appropriate footwear in class. Please make sure your students are wearing tennis shoes or sneakers in P.E. class. Students who do not have appropriate shoes will not be able to participate in P.E. This is a safety issue for our staff and we do not wish to see any of our students injured.

Providing access to drinking water gives students a healthy alternative to sugar-sweetened beverages. It helps to increase students' overall water consumption, maintain hydration, and reduce energy intake if substituted for sugar-sweetened beverages. Students should bring a water bottle with them each day. There are water stations for refilling water bottles located in several locations on campus.

New Equipment - GAGA Ball - Spikeball - CAN SLAM

We are super excited to use our new GAGA pit. It is one of our most popular activities.

Gaga Ball Rules

- Gather players inside the pit and have them touch the pit walls....
- Toss the ball into the pit and let it bounce 3 times....
- Hit the ball toward other players with your hands....
- Eliminate players if they're hit below the knees....



Spikeball

Can Slam

GaGa Ball

This month in P.E.

This month we introduced "street hockey", "outdoor volleyball", "wiffleball" and "kickball". With three different grade levels each class builds upon the previous year's experience. Participation is vital for student success.

Next week quarter 1 grades will be released. In P.E. students are graded by their participation level and worksheets/quizzes. Each day student grades are updated in their FOCUS accounts. This allows parents to see if their students are participating and how they are doing. Immediate feedback helps students grow and understand. We encourage parents to review this feedback with their students and discuss how their performance is doing in P.E. Our goal is for every student to earn an A, but participation is key.