

PHYSICAL EDUCATION

NEWS



Ms. Rebecca Minton

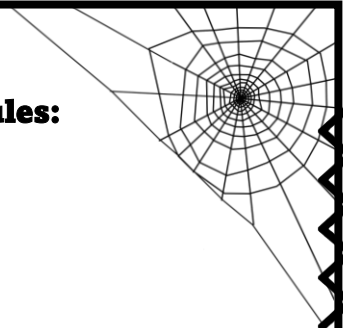
Thus far in PE we have been continuing to practice our routines in the gymnasium.

K/ First/ Second grade rules:

- Be Safe
- Be Kind
- Be Gentle

Third/ Fourth/ Fifth grade rules:

- Play Safe
- Play Hard
- Play Fair



K - 2

We have been working on personal space, core exercises (upside down turtle and Sky diver), as well as, our Locomotor skills: Skipping, jumping, hopping, galloping, jogging and running

We just finished our first assessment where the students demonstrated -to the best of their ability the locomotor skills.

We will continue to practice our core exercises, locomotor skills and personal space the remainder of the school year.

The next unit we will be moving into this month is Balance. During this unit students will practice balancing a peacock feather, objects on their bodies and on top of noodles, as well as, balancing their body.



3 - 5

We have been working on positive self-image, appropriate social behaviors both independently and in a group.

We just finished our first unit where we focused on cooperation, teamwork and problem-solving skills. These skills will be practiced throughout the entire year and will be continued into our next unit of Floor Hockey.

Sportsmanship is another huge component that we have been talking about and practicing in activities and games. We have a checklist that we individually go through at the end of a class period.

Sportsmanship Checklist

- I played fair
- I was respectful
- I accepted the outcome of the game

Please feel free to contact me at any point if you have any questions.

You can reach me at:
rminton@northampton-k12.us
413-587-1550 (x3957)
or on ClassDojo in messages



Please remember to have your student(s) wear sneakers on the days that they have P.E!

This is a safety issue when moving around the gymnasium.