

## PHYSICAL EDUCATION NEWS

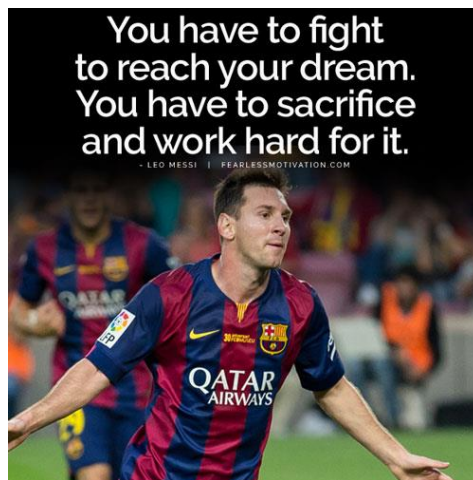
September was super busy! After learning our routines, class expectations and recess games, Grades K-2 have been practicing basic locomotor movements while traveling through general and personal space. They will explore these movements by traveling at different levels, pathways, direction, and speed.

Grades 3-5 explained fitness components by identifying various activities and exercises that enhance their physical fitness. In October, we will be refining manipulatives of hand/foot and hand/eye coordination by using a soccer ball and basketball (dribbling, passing, and shooting).

[Please remind your child\(ren\) to bring their sneakers on P.E. days for safety reasons. Unfortunately, students are not permitted to participate unless they are wearing appropriate footwear. Thank you for your support😊](#)

### October 2019

October is an exciting time in P.E.! We began selecting “SUPER SPORT of the DAY” where we recognize student/s who has/have a positive impact in our PE class showing GREAT sportsmanship. During Hispanic Heritage Month, we recognized many Hispanic athletes (including Leo Messi!) who impacted the world through their athletic and personal achievements. We will continue to recognize a different athlete.



**Grades K-2** included pathways and levels into their locomotor movements while traveling through general and personal space. They learned how these movements are included in various sports and activities such as how a sideways gallop at a medium level is used to play defense in basketball.

**Grades 3-5** finished our soccer and basketball (dribbling, passing, and shooting) skill sessions. There was a significant improvement in all students from last year along with more enthusiasm for both sports.

If you need to contact me you may call the school 240-740-6190 or [email me](#). You can also follow me on Twitter @jansson\_chris.