

Hello from the Gymnasium! Here are some of the things the Eagles will be working on in the coming weeks...

- Kindergarten students will be performing the locomotor skills of walking, running, hopping, jumping, sliding, and galloping, in response to a signal. They will also, move in self-space and general space, in response to a signal
- First grade students will be performing the locomotor skills of hopping, jumping, galloping, sliding, and skipping. They will also, move forward, backward, and sideways at high, middle, and low levels.
- Second grade students will be performing the locomotor skills of galloping, sliding, and skipping while moving along straight, curved, and zigzag pathways. They will also move right, left, clockwise, and counterclockwise, in response to a signal.
- Third grade students will be defining aerobic activity and apply methods for measuring heart rate. They will also identify activities that develop muscular strength and muscular endurance.
- Fourth grade students will be identifying and defining the fitness components of cardiorespiratory endurance, muscular strength and endurance, and flexibility. As well as, performing accurate passes using a chest pass and the inside of the foot. They will also be, defining resting heart rate, target heart rate, and maximum heart rate.
- Fifth grade students will be listing activities that enhance cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility. As well as, examining the warm-up, aerobic, and cool-down phases of an aerobic workout and explain the effects on heart rate. They will also be, performing accurate shooting skills using the hands and feet.

We are looking forward to having a great year!!

-Mr. Grasso