



Fitness Frenzy



First Quarter Edition

WHAT'S HAPPENING?

We can't wait to get off to a great start this year in PE! Students will spend the first few weeks going over rules and expectations in the gym, talking about good sportsmanship, and reviewing the five components of health related physical fitness: **cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition**. Students will be setting goals and participating in a variety of activities to help them achieve a healthier lifestyle.

DATES TO REMEMBER

TBA

Always remember to **Practice Safety**, and wear your sneakers on days when you have PE!

This quarter, grades 3-5 will be participating in several fitness tests. These include standing long jump, shuttle run, pull ups, jump rope, 100 yard dash, mile run, sit ups, sit & reach, push ups and the pacer test. Students will also be focusing on setting goals on our computer software program, Welnet. Students can access their account at www.focusedfitness.org. Grades K-2 will be working on locomotor skills, movement concepts, and traveling in different pathways. They will participate in a variety of fun and engaging games to help them master these skills. Some of our favorites this quarter are "Cross the Ocean", "Candy Store", and "Color Tag". Students will also learn to rotate through several centers where they will practice various manipulative skills such as overhand and underhand throwing, catching, dribbling, and striking objects.

CONTACT INFORMATION

Please feel free to contact me with any questions or concerns regarding your child's performance and participation in PE!

~ Mr. Brooks gbrooks@wcpss.net