



# Fitness Frenzy



Second Quarter Edition

## WHAT'S HAPPENING?

Students in grades K-5 have been working on striking skills. When you *strike* something, you are hitting an object such as a ball with your hand, fist, or another object. We have talked about striking with an open or closed hand as well as using different PE equipment. Students have also talked about striking being a motor skill. Motor Skills are one of the four standards on the PE report card.

This quarter, we also had two weeks of basic gymnastics. Gymnastics focuses on balance and strength.

## DATES TO REMEMBER

First-In-Fitness practice starts  
February 3rd

Purple day celebration is  
January 26th

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

This quarter, grades 3-5 have worked on striking, team handball, and gymnastics. Grades K-2 have been working on striking, gen move, and gymnastics. Some examples of striking games are **four square, teacher ball, and GAGA ball**. **Hockey skills/small sided games** also allow students to strike with PE equipment. During December, our school practices gymnastics in K-5<sup>th</sup> grade where they will practice skills such as **pike, tuck, log roll, pencil roll, egg roll, forward roll, and cartwheel**. Several pieces of equipment are used including the **cheese mat, flat mat, pommel horse, and balance beam**. Key vocabulary words used: **mount, dismount, straddle, and vault**. **CONGRATULATIONS**, to our 38 children chosen to represent our school for our annual First-In-Fitness event this spring. A parent letter is coming in January with more info.

## 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](mailto:gbrooks@wcpss.net)