



# P.S.M.S 29X

## Physical Education Newsletter

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### What's happened in Physical Education (3-5)?

So far, the students have participated in a long but comprehensive football unit in which they learned a variety of skills, strategies and knowledge of the game of football.

The following has been covered:

- Football positions
- Throwing and catching skills
- Running patterns
- Passing patterns
- Modified game play

We are currently in our chase, flee and evade unit (or "tag" games). We will continue to introduce a number of these games which increase in the amount of critical thinking problem solving skills

### What's happened in Physical Education (3K-2)?

Students have learned a variety of locomotor and non-locomotor skills. These movements will be the basis of their careers in physical education. Students have also worked on their direction following skills within numerous relay races.

Some of the skills covered:

- Jumping
- Galloping
- Shuffling
- Skipping
- Hopping

### What's happened in Physical Education (6-8)?

Middle school students have engaged in units in soccer and in football. Students learned a variety of skills, strategies and information pertaining to each sport. The following has been covered:

Soccer

- Passing and receiving skills
- Shooting and goalkeeping skills
- Modified game play

Football

- Throwing and catching skills
- Passing and running patterns
- Modified game play

### After School Programs

Recently, we have begun our after-school programs with our boxing and basketball teams for students grades 3-8. Students are given the opportunity to learn, play and improve in these sports. However, academics is also stressed as members of these respective teams' academic and behavioral progress is tracked to ensure we are building STUDENT- athletes and model citizens in our school community.

### Something Special: Diabolo-fest

Jester Games came in to share how to use a "Diabolo" (Chinese Yo-Yo). After a professional demonstration, students were given an opportunity to try out what they had seen! Many students quickly picked up the skills of this ancient Chinese artform