

Physical Education

Central Elementary School

Mr. Stetzner

Quarterly Report

Skill Development K - 5th Grade

**November
2018**

During the first quarter of 2018 during month of September the students worked on Soccer skills of dribbling, passing and shooting. The students played games of "Spider Soccer" and "4 Corner Soccer. Weather prohibited traditional soccer games.



Every day of PE the students work on improving their locomotor skills while

doing laps. Locomotor skills include: walking, skipping, running, jogging, galloping, sliding sideways, and sliding sideways.

Several days are spent talking to the students about safety and special awareness.



The beginning of October students worked on football skills of passing, receiving, centering, punting and place kicking.

Kindergarten students learned to toss and catch a bean bag, scarfs and several different tag games.



Starting in October, once a month the students have a Fun Fitness Day. The students work on climbing the rope, pull-ups, push-ups, they also practice basic skills that have been taught.

The children worked their upper arms considerably during lessons using the Parachute. Cooperative activities like "Popcorn", making a dome house and shaking snakes down the parachute were favorites of the students.



Physical Education Class

The Health Enhancement curriculum allows each child a chance to grow and progress according to his/her natural developmental stage.

The Health Enhancement curriculum is a skill and activity based program.

The students will be introduced to health related fitness as well. Bones, muscles and nutrition are a few of the important concepts.

Important Information

If your child is not able to participate in PE, please send a note, or email me at pstetzner@helenaschools.org

Please help your child to remember their gym (tennis) shoes on PE days.

If you have any questions or concerns, please don't hesitate to call or come and see me. I'm scheduled Monday's, Wednesday's and Friday's at Central.

The 2nd quarter will focus on volleyball and basketball skills, along with individual skill development.