

Physical Education

Central Elementary

Mr. Stetzner

January 2019

Skill Development



The 2nd quarter of the school year the children learned the basic skills for ball handling. The students worked on the skills of dribbling, passing and shooting a basketball. "Hot Shot" and "Lightning" were favorite lead up games. We did attempt to play 5 on 5 but the facility is not really conducive for that activity.

Throwing

We are still working on our throwing technique and trying to have the students improve on this by playing a variety of games. Feel free to talk with your student about

Assessment Activities

By the time a student is in 4th grade as a teacher I am looking for a mature dribble (one hand, and controlled) and an accurate pass to a partner using a basketball.

Skipping is a locomotor skill that most children reach a competent

level about the end of 2nd grade. What I am looking for in a competent skipper:

these games: "Slime ball, Captains ball, Castle ball, and Battleship. Students also enjoyed working with scooters, continuing with some football and kickball related activities.

Fitness



All 3rd, 4th and 5th grade students will participate with Fitnessgram testing. The tests consist of the pacer test (Cardio), flexibility (Sit and Reach and Trunk Extension), strength (push-ups), and core (crunches). All students

are exposed to the fitness gram test but just the older student's scores are counted.

1. Step-hop action on alternating feet.
2. moment of non support

are exposed to the fitness gram test but just the older student's scores are counted.



Prior to skiing, all students were exposed to a bit of tumbling. Students were taught forward rolls, egg rolls, dive rolls, head stands, and most importantly how to fall safely.

The 5th grade students had a successful day at the Great Divide on January 16th. Thanks to the parents who came along and helped out with the students. It was much appreciated.

3. Skips a distance of 30 feet with no breaks in movement or loss of balance.

If you have any concerns about your child's skills please feel free to contact me.

Safety & Expectations

Please help your child to remember tennis shoes for PE class.



Rules for PE:

Try your hardest do your best.

Be Respectful

Share Space

If a student is not able to participate in PE please send me a note, call me at 324-1230 or email me at: pstetzner@hele naschools.org