

# Physical Education

Mr. Stetzner

## Central Elementary School

March 2019

### Skill Development

In the course of the 3<sup>rd</sup> quarter the students worked on skills associated with hockey and volleyball. During the month of February the students learned about healthy hearts. The boys and girls worked on skills of jump rope-short ropes, long ropes, and Chinese jump rope.

February was also a month in which we worked on our Winter Olympic activities. Students really enjoyed our version of bobsledding and speed skating. During the third quarter of 2018 the students worked on running an obstacle course. This appeared

to appeal to many of the students as they were able to see success at the different activities within the course. All students started working on their Tumbling skills. The students learned forward rolls, backward rolls, headstands, and after spring break the children will work on the balance beam.



The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> graders are setting goals for their Spring Fitness tests. We have practiced all 5 tests and the students are getting ready to reach their goals.

### GAMES

Throughout the third quarter we tried a variety of different games. Students appeared to enjoy “slime ball” and “bring home the bacon”. We also incorporated fitness stations to work on some of the skills students acquired throughout the 3<sup>rd</sup> quarter and some skills that we will focus on the 4<sup>th</sup> quarter; track and baseball in particular

### Did you know?



We can help our children by getting them to:

**Do More + Eat right  
= Stay Healthy**

Children gain weight if they eat too much of the wrong kinds of food and are not active enough to burn off the calories they consume.

Help your child to be active, eat nutritious food and they will stay healthy and happy!

### Assessment Activities

As we near the end of the third quarter the students in 1<sup>st</sup>-5<sup>th</sup> grade will be practicing their skills for the Fitness gram test. All 1<sup>st</sup>-5<sup>th</sup> students will participate in the Fitness gram in April. The tests are push-ups, trunk extension, sit and reach, sit-ups (curl-ups) and the Pacer-an aerobic endurance test of their

running.

Fitness Gram is designed to evaluate and educate students and parents about the status of their physical fitness.

Students are encouraged to perform at their own personal best level. Students learn to self test so that they can begin to make healthy choices for life.



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

Question/ or concerns?

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