

# Physical Education

## Central Elementary

Mr. Stetzner

June 2019

### Skill Development

During the 4<sup>th</sup> quarter students have been working on skills of eye hand coordination and striking. In April the boys and girls worked on the skills of pitching, batting and fielding a whiffle ball.

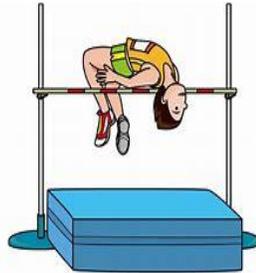
All students had the opportunity to hit off the tee. During the simulated game, students could choose to hit off the tee or coach pitch.



When the weather wouldn't cooperate a favorite activity for 1-5<sup>th</sup> was "Homerun Ball"

Another activity to teach

the concepts of baseball/softball was "kickball". We played "old-school" kickball and continuous kickball.



Students have had the opportunity this spring learn a couple of track and field events; hurdle and high jump. Because the weather wouldn't cooperate we were not able to spend many days outside to work on these particular skills.

We had several fitness station days when the weather wouldn't cooperate. On these days we tried to incorporate activities to the units we were focusing on.



The Kindergarten, First and Second graders used a scoop to toss and catch a ball. All of the students used a Frisbee to learn a different way to throw and catch. One of the activities for all students was "Frisbee Golf aka Folf".



Thank you for letting me be a part of your child's education. This has been a fun year and I can see much progress in skill development from Kindergarten to 5<sup>th</sup> grade.

### Safety & Expectations



#### Summer Rules:

*When riding a bike wear a helmet*

*Use Sunscreen*

*Swim in a safe place with adult supervision*

*Eat healthy*

**Have FUN!**

### Assessment Activities

Fourth and fifth grade is the year for Fitness testing and our district assesses fitness using "Fitnessgram". Students in grades first through fifth were tested in April and May on the four areas of Fitness: Flexibility, muscular strength,

endurance and aerobic capacity. Fourth and fifth grade students received a Fitnessgram report along with their 4<sup>th</sup> quarter report card.

If you have any questions please call or email me.

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Fitnessgram is designed to evaluate and educate students and parents about the status of their physical fitness and to assist the students in

making healthy choices throughout their lives.