

On Deck In Physical Education–Spring 2015



Spring is right around the corner & what a great winter it has been! We have been working very hard in the gym. The first & second grade students have challenged themselves in ball handling, jump rope, tumbling and striking various objects not only with their hands but also playing games such as "Pilo Polo". Ask them about it!

Third through fifth

graders have improved their basketball skills, demonstrated and created

tumbling routines and participated in volleyball games. As the weather continues to warm up we hope to spend more time outside. Spring brings with it a variety of new and exciting skills and activities for our students.



The following are some of the fun activities scheduled for the remainder of the year:

Locomotor skills–

- Skipping
- Jumping
- Hopping
- Sliding
- Galloping

Dance–

- Folk Dance
- Square Dance
- Line Dance

Team Sports–

- T-ball
- Softball
- Kickball

Recreation Games

- Tetherball
- 4 Square
- Ping Pong
- Shuffleboard
- Knock Hockey
- Hop Scotch
- Twister

Cooperative Games

- Fair play
- Teamwork
- Honesty

Fitness Testing:

We are pleased with the progress the students have demonstrated (look for the Fitness Testing results in the end of the year progress report for 3rd,

4th & 5th

grade

students).

One of our



most popular events, **Field Day**, will be held on

Friday, May 29th (rain date–Monday, June 1st). It is a day where all of our students have the opportunity to participate in a variety of games & activities. We finish the day with the Prairie staff challenging the 5th graders

in a kickball

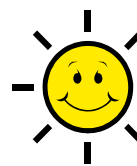
game. Go Staff!!

We value physical fitness/activity

and encourage

you to help your child make choices that lead them to a healthy lifestyle.

Ride a bike, swim, rollerblade, play at the park, or simply go for a walk with mom or dad. The possibilities are endless!



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