

P.E. NEWS!

From

Mr. Boyd

This year in P.E. has started out great.

Some of the skills the Kindergartners, 1st and 2nd graders have been working on already include moving around in personal and general space in response to a signal, locomotor movements (running, jumping, hopping, galloping and skipping) and traveling in different pathways (straight, curved, zig zag). We have also worked on dribbling using our feet and kicking.

During the second quarter we will be concentrating on the following skills.

1. Underhand throwing to a stationary object
2. Catching an underhand thrown ball
3. Toss a ball underhand to self
4. Catch a self -tossed ball
5. Moving in relationship to a stationary object, over/under, inside/outside, on/off, near/ far

The 3rd-5th graders during the first quarter discussed the importance of teamwork and sportsmanship. Identified and did activities that help develop cardiovascular endurance, muscular strength and flexibility. Soccer activities that worked on skills that included dribbling with their feet, trapping, passing and kicking.

During the second quarter we will be concentrating on the following skills

1. Overhand throwing at a stationary target
2. Overhand throwing at various levels low, middle and high
3. Overhand throwing to a moving target
4. Catching an overhand thrown ball
5. Catching a thrown ball at various levels low, middle, high

I am very excited to work and help the children engage in lifelong learning by developing habits and skills to keep themselves healthy and fit throughout their life. Encouraging your child to exercise at home as well as at school can be a big help to promote healthy living.

Please remember to remind your child to wear tennis shoes or sneakers on the day they have P.E.

P.E. Schedule

Monday:

Coyle 3rd

Meyer 1st

Zukoski 5th

Tiffany K

Kupersmith 2nd

Tuesday:

McCord 4th

Lawson 3rd

Wednesday:

Scanlon 3rd

Sibbald 1st

vonSchwarz 5th

Gardiner 2nd

Thursday:

Denisco 4th

Gagliano 1st

Mutton K

Dabbs 2nd

Friday:

Derr 4th

Wright 3rd

Piemme 5th

Donohue K

Klein 2nd

MCPS Physical Education Curriculum

<http://www.montgomeryschoolsmd.org/curriculum/phyped/>