

Happy New Year from the Gymnasium! Here are some of the things the Eagles will be working on in the coming weeks

- Kindergarten students will identify healthy and unhealthy choices.

They will also be able to, identify the location of the heart and explain how moderate or vigorous exercise affects the heart. In addition, students will be able to identify and demonstrate the five forms of jumping and landing in response to the teacher's signal.

- First grade students will Perform the five forms of jumping (take-offs) and landing patterns to interpret a song. Furthermore, they will be able to identify physical activities that improve aerobic fitness, muscular strength, and flexibility. In addition, students will be able to demonstrate the ability to jump for height or distance and land with control in response to signal.
- Second grade students will learn to perform a single or double bounce over a floor rope and self-turned rope. They will also, be able to identify ways to change an activity to enhance health related fitness components: muscular strength, aerobic fitness/cardiorespiratory endurance and flexibility. In addition, students will be able to create and demonstrate a two-part jumping sequence that demonstrates a change in speed, direction, skill, or rhythm.
- Third grade students will be able to state four reasons why rules are needed in social movement settings. They will also be able to perform movements accurately in sequence and to the beat of the music. In addition, students will be able to maintain static and dynamic balance on equipment.
- Fourth grade students will be able to explain why rules are needed in social movement settings. Also, they will be able to demonstrate social dance movements accurately in sequence. In addition, students will be able to maintain static and dynamic balance on equipment
- Fifth grade students will be able to identify conflict resolution strategies necessary to build and maintain healthy relationships. Also, they will be able to demonstrate social

dance movements accurately in sequence. . In addition, students will be able to maintain static and dynamic balance on equipment.

- We are looking forward to having a fantastic new year!!

-Mr. Grasso