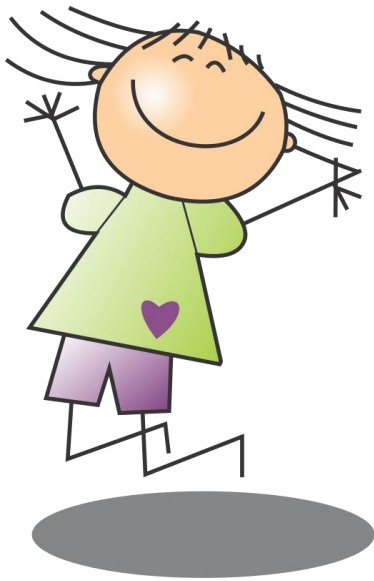


WHAT'S HAPPENING IN PHYSICAL EDUCATION AT WAYSIDE?



Warm weather is around the corner!

Here are the focus areas for March:

K-2:

- 👉 Jumping and Landing patterns
- 👉 Weight transfer (hands & feet)
- 👉 Body balance/static vs. dynamic
- 👉 Health-related fitness components
- 👉 Tumbling sequence
- 👉 Jumping with a self-turned rope

Fun Family Fitness Tip:

Dust off your bikes and scooters, it's time to get back outside for some fresh air, friends, family and fun.

Note: For the safety of ALL students, Please help your student/s remember to wear clothing and shoes that allow them to move easily and safely in their gymnastics unit. Boots are most often not a safe choice.

See you on the trails!

3-5:

- 👉 Tumbling sequence – Balance, rolls - extended, weight transfer – feet above the core
- 👉 Conflict resolution
- 👉 Concepts of creative dance
- 👉 Rules in social MOVEMENT settings.