

# COACHES CORNER

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## What we are doing in Physical Education this month

- Health Related Fitness Concepts
- Dancing
- Jump Roping
- Cooperation Skills
- Fitness Camp

### UP COMING EVENTS

WHAT: **JUMP ROPE/ HOOPS FOR HEART**  
 WHEN: **FEBRUARY 3**  
 TIME: **9:00 A.M.**  
 WHERE: **NORTH ELEM.**

**\*\*\*VOLUNTEERS NEEDED**



## HAPPY NEW YEAR!

Let's start out 2017 with a healthy mind-set and attitude. The greatest benefit of starting a new year is that it is a clean slate. We can make this year into whatever we want. 2016 is gone along with disappointments, trials and old habits. Forget making a resolution and just decide on one specific change you would like to make. Then take it one day at a time. As for Mrs. Hackett and myself it is drinking more water and less soda. If we mess-up that's OKAY! We have tomorrow to start again. Just keep the healthy mind-set of there is NO giving -up or beating one-self up over a failure.

So we encourage you to grab your family and decide on that one small change. Once that is conquered add another. Let's get moving and eating better day by day!!

### JANUARY SPOTLIGHT

We are starting this month out with a hoop, bounce and jump. We are going to dance our way into this year with the good 'ole basic dances that we learned as kids and

are still fun and active for our children today. Ask your child to dance away your worries and cares with you while doing the Bunny Hop, Hokey Pokey, Conga and others. Jump rope anyone? That's right. Jump Rope for heart is the first early release day in February. Jan. 4-6th we will be handing out the Jump Rope/Hoops for Heart information letter and collection envelopes to all students. Last two weeks of Jan. we will work on basic jump rope skills and throw in a trick or two for those who love a challenge.

### 4th and 5th grades

These young men and women will be given Jump Rope/Hoops for Heart information January 4-6 so they can begin strategizing on how to raise money for a good cause while also earning very cool prizes. Then we will be focused on Cooperation, Cooperation, Cooperation. We will be using NFL Play 60 curriculum to work in teams of 3-4 students on developing a fitness camp. Each team plans and

develops a fitness station that will work on one of the following skills: Throwing and Catching, Agility or Running. They decide on what equipment to use and the rules for their station. Once the teams try out their activity and tweak it, we have a day to set up all the stations for the classes to go through them. It is fun for all while getting our hearts a pumping! The last week of the month we will focus on our jump rope skills. If anyone thinks jump roping is boring then you haven't tried the Criss Cross, Side Swing Cross, Doubles skills and many more that we will be teaching.

FYI: ALL STUDENTS SHOULD WEAR APPROPRIATE CLOTHING AND FOOTWEAR FOR P.E.

