

COACHES CORNER

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What we are doing in Physical Education this month

- Health Related Fitness Concepts
- Cardiovascular Endurance
- Muscular Endurance
- Muscular Strength
- Flexibility
- Balance
- Weight Transfer
- Sequence
- Personal Best Day Assessments



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What We've Been Up to in P.E.

As 2016 comes to an end, let's take a look at what we have been doing in Physical Education class. We started out the school year with volleyball skills and ended our unit with our 5th grade All-Stars taking on the NES faculty in a tough match-up game. Before Thanksgiving Break we finished up our soccer unit. Students learned to dribble, pass, kick and trap the soccer ball. The students practiced these skills in an obstacle course setting and finished the unit with a 7 on 7 soccer game with their peers.

COMING UP IN DECEMBER

Our Kindergarten, First, and Second Graders will begin working on our Educational Gymnastics Unit. During this unit we focus on teaching the children to be able to balance, what makes a balance a good balance, and shapes we can balance in.

The second part of our focus is on weight transfer. We will begin working on different weight transfers such as crab walk, bear crawl, and many more. The goal for the students is to develop a gymnastics sequence. They will start with a balance, weight transfer, then ending with another balance. We look forward to seeing what they come up with.

PERSONAL BEST DAY ASSESSMENT

We have been working towards improving our 3 health concepts by completing our warm up and fitness stations in P.E. The PBD assessments are for our 3rd-5th graders. They are not for grading purposes but rather to monitor improvement throughout the school year. Students have already recorded one PBD at the beginning of the school year. We want all of our

Tigers to work toward improving fitness in all levels. Students will participate in a 9 minute run for cardiovascular endurance. Muscular endurance will be measured by performing push ups in a 30 second time period and sit ups in a 60 second time period. A Sit and Reach test will measure flexibility. We want to encourage everyone to do their best!!!



Stay Active During the Holidays

December is a very exciting time of year especially for our children. Try to stay active as a family during the holidays. Go for a walk, play basketball, soccer, volleyball. Toss a

Frisbee around, play catch or tag. Go for a bike ride and remember to wear your helmet. Set a resolution for the New Year to get active or stay active as a family.

