

ELEMENTARY PHYSICAL EDUCATION



October 2015 PE News

Mrs. Wolff

lwolff@libertychristian.net

End of October & Quarter 1



Mrs. Olsen's 2nd Grade Class practicing their throwing skills during a lead up game called Birthday Party.



Miss. Parchen's 4th graders working on accuracy as they "skeet shoot" with our yarn balls.



Mrs. Powers 2nd grade class having fun INSIDE the parachute.

This quarter we learned about our classroom procedures, began & finished our Catch 22 Unit where we learned the fundamentals of throwing over and under hand and catching high and low. We finished off the quarter with a fun day with the parachute and a Student Choice day where students were able to pick a supporting activity from any lesson taught during the first quarter.

Rhythmic Unit: Moo-ve

During this last week of October we are learning all about how God has designed our bodies to move rhythmically and how in doing so it helps our coordination in a variety of sports. We talked about how ballet has long been considered a tool to help football players improve the variety of skills they need to have in order to be successful. Students have had an exciting time learning a variety of PE type rhythmic movements and many have asked me to please send the links to mom and dad. I encourage you to play them at home and have a dance party, living room style.

- Whip Nae Nae PE Style — <https://www.youtube.com/watch?v=6b-2wEkhOnk>
- Let's Dance with Coach Pirillo: Party Rock Anthem — https://youtu.be/XeJyIKjpxs?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2I5TjCON
- Let's Dance with Coach Pirillo: Happy — https://youtu.be/8ch856G-800?list=PLJnn5H8Y_tYE3LdXoJIG_azMC2I5TjCON
- If You're a Kid Dance Around — <https://youtu.be/Qr9ge4XGUYs>
- DinoStomp — <https://youtu.be/lmhi98dHa5w>

Poinsettia's Help P.E.!!!

Elementary PE has partnered with the Elementary Music department in the annual Poinsettia fund raiser! Thank you for so generously supporting this fundraiser in the past and present as a portion of the proceeds will now help fund our Elementary PE department!! Thank you Mrs. Duggan for including us in this exciting opportunity!



What's Next in P.E.?

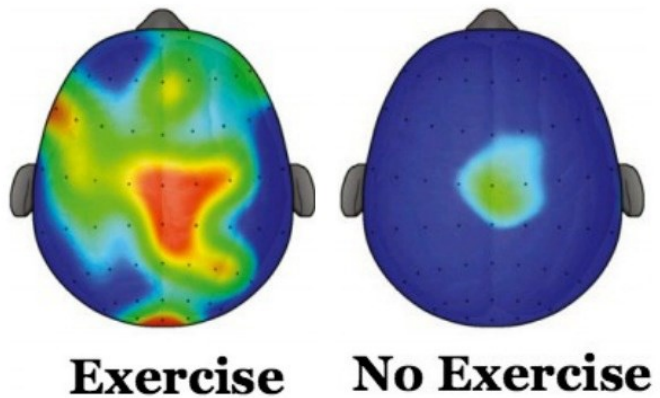
Masters of the Gym— Our focus will be on understanding and applying the 5 components of fitness.

Holi-Daze—Incorporating fitness into the Thanksgiving holiday!!

Feed your Brain: Exercise!!

Study after study is being conducted and supports the absolute need for daily exercise! Check out the supporting image: the before/after photo of the brain! If your child is struggling during their reading time, break it up in half and have them do something physically active for a few minutes then have them restart/finish their assigned minutes. This same idea can be applied to any homework or project that requires excess sitting (it also applies to parents as well). God has designed our bodies perfectly and in that perfection HE needs us to move our bodies to provide fuel for the brain!

Feed your brain by MOVING!



Helpful Website

<http://keepvid.com/>

I used the website above to save the video's found on page 1 of this newsletter. If you desire to save the video's to your computer/phone/ipad (ads on the video's will be removed by doing so) simple copy and paste the link from YouTube into the download box on the keepvid.com website and select download. The site will provide you with a list of download options to pick from (full video, audio only, high resolution, etc.). Pick from the list and the file is downloaded to your device. I do not trust the advertisements or "YouTube suggestions" that are often displayed and saving the files to my devices in this manner has proven to be easy and safe.

