



## PE Newsletter for September 27, 2011

Let me first say that you will be seeing a newsletter every two weeks instead of every week so...  
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Most classes are going to be starting new units this week. Here is what we are working on this week by class:

1<sup>st</sup> and 2<sup>nd</sup> Grades – Football skills. This week we will be working on how to hold a football and how to throw to a target.

3<sup>rd</sup> Grade – Fitness Goals. We will be discussing fitness and the importance of fitness in our daily lives. Students will be asked to complete a fitness log and hand it in every two weeks for points. This is to encourage students to be active at least 30 minutes each day as is the recommendation of the United States Health Department.

4<sup>th</sup> Grade – Medieval Games. Students will be playing games played during Medieval times. This week we will be jousting. The kids have a lot of fun with this and I promise no actual jousting poles. ☺

5<sup>th</sup> Grade – Aztec Games. Students will be playing games played by the Aztec people. The first game we will play is called Tlachtli. It is very similar to basketball but players cannot use their hands. It's extremely fun to watch the faces of the students when you first tell them and then to see the innovations they come up with to make a basket.

6<sup>th</sup>-8<sup>th</sup> Grades – We will continue our Olympic Games. The morning class is playing Scooter Hockey and the afternoon class is playing Kickball/Basketball. The students came up with the games themselves and seem to be having fun. Team Zimbabwe from both morning and afternoon seem to be the team to beat.