



P.E. Newsletter

Mr. Schaber
Mrs. Glus
Mr. Meagher

For the month of January

Headlines

The month of December our students continued to work on their jump roping skills during warm-up in preparation for the Jump Rope for Heart event.

The students in Mr. Schaber's and Mr. Meagher's Grades 3-5 classes began the volleyball unit. Students have learned the bump, set and serve. Now that these skills have been completed, students are participating in modified games of volleyball and will continue to do so into early January.

Mr. Schaber's and Mr. Meagher's classes in Grades 1-2 have worked on various rope skills, such as jumping over the rope, going under the rope, etc. The intention of the students working on their rope skills was for them to be successful on Jump Rope for Heart Day which was held on December 23.

Meanwhile, Mrs. Glus's classes in Grades 1-5 have been introduced to the new unit of golf. Students have learned how to grip, stand, and swing the club. They have practiced driving, pitching, chipping and putting a golf ball. Most classes have even played the game of golf baseball.

Our future activities in Grades 3-5 will include Scooter Basketball and Scooter Hockey. And in Grades 1-2 students will be working on their Balance skills and Scooter skills.

The second marking period is well under way and students need to continue to keep up the good work. We have placed a great deal of emphasis on our fitness skills of sit-ups and push-ups. Overall there has been some good improvement.

Have a Ball at These Upcoming Events

Jan. 11 - Fitness club
Group B

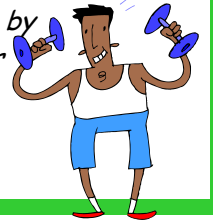
Jan. 25 - Fitness club
Group B



CONGRATULATIONS!



To ALL the participants of Jump Rope for Heart who fundraised money. Gifts should be in by the end of February or early March!



Notes from the PE Teachers:

Health Lessons will soon be incorporated into all Physical Education classes!

DON'T forget your sneakers!