

Physical Education News

During the month of December students in grades 3 – 5 continued their throwing and catching unit. Students worked on increasing their throwing accuracy. Students practiced leading a receiver, passing while on the move, marking an opponent (defensive positioning), the give and go, the importance of faking a pass, using entire body to catch and keep possession, and other fundamental team sport concepts. These important concepts are reviewed and expanded on each and every unit throughout the year as well as stressing the value of strategy, teamwork, and cooperation when playing any type of game or sport. Students in grades K- 2 worked on improving their cardiovascular fitness through games like Invasion, Cat and Mouse, Gold Rush and Grinch Tag.

During the first two weeks of January, students in all grades will be working on their team-building skills. Throughout the unit students will be working to improve cooperation, teamwork, communication, respect, trust, problem solving, as well as leadership skills. Some of the activities involve working with a partner, or in small groups, or as one large cohesive group.



The last two weeks of January will be dedicated to Jump Rope for Heart. The main goals of the unit will be to become more aware of heart health, to increase cardiovascular endurance, and raise funds for the American Heart Association. I will be looking for volunteers to spin the long ropes during the week of the 23rd. If you are interested and can give up some of your time please email me at hkoziol@ctreg14.org.

Just before the students left for the holiday break, they received their Jump Rope for Heart donation envelopes. This is an optional fundraiser that benefits the American Heart Association. Last year our students raised over \$6,000, which also enabled Mitchell to receive a \$300 gift card to be used to buy equipment for the gym. We really hope that you consider donating to this important cause. Envelopes will be due back on Friday February 3rd.