



HBEC PHYSICAL EDUCATION

Dear Parents,

I want to take this opportunity to fill you in on what has been taught in physical education class so far this school year. There have been a range of units covering many concepts and skills for K-4 students. I hope you find this update informative and beneficial.



1st Quarter Update



3rd and 4th Grade

Recess Games

We spent our first unit of the school year covering recess games. We go over all rules and expectations so students will have the know-how to play fair and safely on the playground at recess.

- kickball, wall ball, four square, knockout & around the world

Fitness Testing

Students participate in two rounds of the pacer test (fall and spring). The pacer test is an aerobic capacity test (running test in place of the mile) that gets harder each minute. Students try to complete as many laps as they can before they make two mistakes or can't go on.

Team Building

This unit is one I like to teach at the beginning of the school year. We cover many great skills and concepts useful for many daily situations at school, sports and home.

- teamwork, leaders, followers, problem solving, communication

Kindergarten, 1st and 2nd Grade

Recess Games (2nd Grade)

I like to cover the same recess games with 2nd grade as I do with 3rd and 4th grade.

Training Camp

During this unit K and 1st grade students review/learn the rules of the gym and how to move in the gym safely.

- personal space & spatial awareness are key concepts
- locomotor skills
- starting and stopping on cue

Tag Games

We take the skills learned during training camp and apply them to our tag games, while adding in several new concepts.

- chasing, fleeing, tagging, rescuing, & spatial awareness

Here is what we have played so far...stuck in the mud tag, helping hands tag, color tag, outer space tag, portal tag, bean bag shoe tag, leap frog tag, super hero tag, fire and ice tag, shark attack & survivor tag.





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So, what are we doing now and going forward...

3rd and 4th Grade

As we finish up our team building unit, we will be moving into invasion games next.

Invasion Games

Students will now apply the skills learned in the previous unit. We will introduce competition during this unit as well.

- strategies...offense/defense, fake/dodge, one on one, Give and go
- concepts...moving to open space, communication, following rules, fair play

High School Intern

Miss Hannah Oxendine has been working with our 2nd, 3rd and 4th grades this fall. Miss Hannah is a Twin Valley High School senior and member of the HS Girls' Soccer Team as well as the Track and Field team. Miss Hannah will be with us through December.

Family Fun!

Turkey Bowl 5k at Tel Hai Camp
<http://www.telhaicamp.org/events/turkey-bowl-run>

Kindergarten, 1st and 2nd Grade

Kindergarten and 1st grade just started their Throwing and Catching unit. Second grade will start their Throwing and Catching next week.

Throwing and Catching

This is a very exciting and important unit for K-2 students. The skills covered in this unit cross over to many other areas, including recess, sports and home. This unit is a review for 1st and 2nd grade while adding new content. This unit introduces station activities to Kindergarten for the first time.

- throwing/catching, form, technique, force

Connect

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