

December News

From Sumpter Health Club

Things we are learning...

With the end of the year fast approaching we are closing our basketball unit as well. Over this time we covered passing, shooting, and dribbling. Ask them to share what they learned about and demonstrate their skills!

After Winter break, we will be focusing on net games such as Badminton and Pickleball. We will be covering forehand, backhand, overhand, drop, and lob shots. Students will also learn tactics on where to place their shots! We are looking forward to these fun and exciting units!

5th grade students are swarming to the gym for Capture the Cone! It's been an overwhelming response to a great game. Ask them to share how it's played and what some of the best tactics are for capturing the cone.

As always, we work on fitness, healthy lifestyles, and fitness education!

Healthy Tips

Make sure to wash your hands multiple times a day! Many germs can get passed around very easily from family to family. Washing your hands is a simple and easy thing you can do to help prevent any chance of illness over Winter break.

Note from the teachers...

Please make sure your child wears or brings the proper shoes to participate fully and safely. Please check the schedule on the website to see what days your child has Health Club and to read more about our program.

Thank you for the time and we appreciate any feedback or questions you may have!