

October News

From Sumpter Health Club

Things we are learning...

1st and 2nd grades will focus on space awareness along with appropriate locomotor and manipulative skills.

1st and 2nd grades will also be working with hula hoops, locomotor skills, and space awareness

3rd and 4th grade will work on soccer and manipulative skills

5th grade is learning the fundamentals of flag football and the importance to teamwork.

On daily activity breaks, students are learning how to play Ultimate Frisbee as well other team oriented games. Feel free to ask them about the game and how it is played!

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

Healthy Tips

This is a great article on the importance of PE in schools!

<http://www.aahperd.org/naspe/publications/teachingTools/wHyPE.cfm>

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!