



Physical Education

Ms. Silva

In the beginning and middle of the month of November, students will continue with their tennis unit. The students are having a lot of fun practicing the tennis skills. Grades 3, 4, and 5 will start their tennis games in the second week of November. They have learned how to keep score- love, 15, 30, and 40. K-2 will practice hitting the ball over the net.

At the end of November, all students will be involved in a Gymnastics Unit. The focus of the unit is to learn to perform twisting, curling, transferring weight, rolls, and stretching to change relationships of body shapes while balancing. Some of the gymnastic skills that students will learn will be to know and demonstrate the following skills: forward roll, backward roll, sideward roll, headstand, handstand, and cartwheel.