



Physical Education

Ms. Silva

Presently in grades 3-5, the students are involved in a team challenges and games. The students are working on cooperation and teamwork which are skills for the present and the future. Through their challenges they are experiencing different factors as they are engaging themselves in teamwork. The factors include building a positive self-concept, learning different roles, and developing team communication. The students seem to be really enjoying themselves. Some of the challenges they have participated in are Ball Carry, River Boat Challenge, and Island Escape.

In grades K-2, the students are working on tossing/throwing & catching. We started with beanbags and now we are working with all different sizes and kinds of balls. They have worked on underhand throwing with partners and underhand throwing to targets to practice on their accuracy. Soon they will be introduced to overhand throwing and playing a game called clean out the backyard which is usually one of their favorite games. It involves a lot of movement and throwing and catching.