

PHYSICAL EDUCATION UPDATE

For the month of March, grades 3 – 5 will be participating in a gymnastics unit for the first half of the month and a team handball unit for the second half of the month.

During the gymnastics unit, students will focus on rolls, jumps, and balances. Students will work in small groups and design their own routine to present at the end of the unit.

The team handball unit will involve learning the basic techniques and rules of the game. Students will learn to work together in a competitive and healthy environment. The unit will culminate in a team handball tournament.

Students in grades K – 2 will be participating in a throwing and catching unit. Students will learn the techniques for both skills in a variety of settings. Students will work individually as well as in small groups. Students will learn how to throw for accuracy as well as for distance. Students will also learn how to catch different objects. Each lesson will end in a cardiovascular game that involves one or both of the skills of throwing and catching.