



Physical Education
Ms. Silva

In the month of December all students will be participating in a Gymnastics Unit. The three topics that will be covered are rolling (forward, backward, and sideward rolls), taking weight on hands (donkey kicks, handstands, walking on hands, cartwheels, round offs, and balancing (headstands). In the last two weeks of gymnastics, the students will be challenged by climbing the rock wall. They are really looking forward to that. I hope everyone has a very Merry Christmas and a Happy New Year!