

Stop, Look, & Listen

Ames - East Belfast - Nickerson - Weymouth Schools
Monthly Physical Education Report

Mr. Campbell ~ December 2017 ~ Issue Three, Volume Two

will be ready for indoor classes as well.

Dribbling Unit, K-5

Returning to school after the holiday break, students in grades Kindergarten through 5 will take part in a four-class unit in Basketball Dribbling. The students' skill knowledge and progression at each grade level will be taken into consideration, as we will focus on the ability to dribble a basketball in self and general space. Students will also be challenged to dribble with and without obstacles and against someone guarding them. To start their unit, students in kindergarten and 1st grades will use a playground ball, as it will offer an easier bounce. Basketball is a fun game that offers individual and team rewards such as: fitness, spatial awareness, decision making, leadership skills, a sense of belonging, social interaction, and it is sure to build one's confidence.

Sneakers & Snow Boots

Students are asked to wear sneakers in Physical Education class for their comfort. There is also the safety factor for students to consider. It can be easy for someone wearing boots to trip and fall, hurting themselves and/or other students. During Physical Education classes, our gymnasiums are busy places and are somewhat limited in space. With upwards of 23 students in a given class, safety precautions are respectfully elevated.

When dressing for school during snowy mornings, it's recommended for students to wear winter boots. Please remember to have students leave their sneakers at school or bring them in their backpacks.



With a snowy forecast this winter, students will need to have winter boots for outside classes. Sneakers, however, should be brought to school with each student so they



Thank you for taking time out of your busy daily schedules and committing to substituting at RSU71, particularly in the Elementary Physical Education Department.

Substitute Teachers

Balance Unit

For most K-5 classes, we have completed a unit in Balance. Using such equipment as bean bags, balloons and peacock feathers, we have focused on hand-eye coordination, spatial awareness, and stillness.

Later in the school year, a different Balance Unit will be offered concentrating on balancing over a wide and narrow base, center of gravity, and counterbalance.



Best way to reach me:

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Enjoy the snow!

Over the Holiday Break

With the snow already piling up outside, there should be no reason not to embrace it. Not always so plentiful, snow offers enjoyment of almost endless possibilities. Hike, snowshoe, or slide in it. Some may want to ski or even snowmobile ride in it. Whatever you choose to do, make it fun and safe. Snow forts, snowman, or snow angels - again, enjoy yourself with family and friends over break outside in the snow!

