Stop, Look, & Listen

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

Mr. Campbell ~ November 2017 ~ Issue Two, Volume Two

Out of the Mouth of Babes

My now mostly-gray hair gets long and wild looking and is often in dire need to be cut. Recently, I found myself in this exact predicament with a large group of Kindergarten students. We were on a hike and as we made our way back near the school, a female student walking in front of me stoped, turned and said, "Mr. Campbell, you look like a wish flower." I said, "A wish flower? What is a wish flower?" She said, "that," pointing to a nearby field that had somewhere in the neighborhood of five million dandelion flowers, all gone to seed and resembling a fluffy puff ball. I said to this little girl with the big imagination, "What? Do I look like one of those flowers?" The Kindergarten student giggled with her friends and said, "Your hair. It looks like a wish flower."

Of all the interesting comments and/or questions I have heard from my students over my teaching career, this one has amused me the most.

Cold Days in Phys. Ed.

Students are reminded to be prepared for outdoor Phys. Ed. classes. Temperatures are cold and the wind seems to always be present. Coats, long pants, leggings/warm tights, gloves/mittens, hats/hoods and sneakers for the gym/boots for the snow.

Back-to-Back Kicking Units

Grades 2 through 5 have most recently been involved in back-to-back kicking units. Students first were challenged with a three-class unit on the fundamentals of kicking in a stationary position, progressing to kicking a moving ball while they are on the move. We then followed this unit with a three-class unit in Physical Education Kick ball. This exciting unit offers the basic premise of the game, rules, sportsmanship, and ways to make it a fast-paced game. Last but not least, it was fun. Some questions you could ask your son/daughter about this game are the number of outs each team gets, what is an out, what is a force out and how do you do it.

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Levels

Students in grades K-1 have recently been involved with an awesome Levels Unit. This is a unit where the students' imagination is a plus, as pretending to be animals or insects play a big part in the students' successes. During the unit, students not only learned about the three different levels; low, medium and high, but how the perception of these different levels can change from one's perspective, depending on the elements and conditions.

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Have a great hiking season!