

Stop, Look, & Listen

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

Mr. Campbell ~ October 2017 ~ Issue One, Volume Two

We're Back & Ready to Go!

We've all started getting back into the swing of things in school! Old friends reunite and new friends are made (you can never have enough!). It is important that each student do this, above all:

THINK

- T** = Is it **True**?
- H** = Is it **Helpful**?
- I** = Is it **Inspiring**?
- N** = Is it **Necessary**?
- K** = Is it **Kind**?



In our P.E. classes, we talk a lot about giving our best efforts and good sportsmanship. Once you start doing these types of behaviors, it will become second nature (automatic). It helps make important bonds, growth, and learning easier and fun in ALL classes (not just P.E.). You are somebody's reason to smile!

Footwear/Appropriate Clothing Reminder



- It is very important for all students to be prepared for activities that take place in Physical Education class.
- ★ Sneakers are needed for student comfort and safety. With all the stop-and-go action, sneakers help students with balance, jumping and landing, stability, and shock absorption needed to prevent sore feet and shin splints.
 - ★ Laces that are loose and not pulled snug from bottom to top are a hazard.
 - ★ I will make sure to notify all caregivers ahead of time when winter boots are required for outside P.E. activities.
 - ★ While dress shoes may be worn to school, it is a requirement that students change into sneakers for P.E.

- ★ Baggy pants are a tripping danger.
- ★ Comfortable clothing suitable for P.E. activities is important.
- ★ Again, warm outerwear for cold weather P.E. (and recess!) will be required so that our students are comfortable.

Thank you!

P.E. Activities (so far!)

Suitable age/ability activities we have been working on since the beginning of school are as follows:

- ★ Grades K & 1 have been working on balance and kicking
- ★ Grades 2 & 3 are mastering balance, kicking, and kick ball
- ★ Grades 4 & 5 have worked hard at the art of archery, kicking, and kick ball

What's Coming Up Next in P.E.

- ★ Grades K & 1 will learn the skills of rolling, pathways, and directions
- ★ Grades 2 & 3 will give great effort to rolling and dribbling
- ★ Grades 4 & 5 will have units in hiking and dribbling



After you have the opportunity to read this newsletter with your child/children, please feel free to turn it over and let them have some fun!

Best way to contact me:
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Have a great fall everyone!!