

June 2021

Dear 1st Grade Parents,

As I mentioned in my first semester report, physical education this year was greatly impacted by the effects of COVID-19. Since the gymnasium was used as a cafeteria this year (to enable greater distancing when students were eating), PE classes were not conducted in the gym. When the weather was favorable, PE classes took place outside. If we had inclement weather, then we were in the classroom. Extreme cold in the winter and extreme heat this spring were challenging conditions in which to have PE. All of these factors greatly influenced the types of activities and skills that we could work on. Additionally, the need to keep socially distanced and have equipment cleaned in between classes caused further modifications compared to what generally occurs in PE. With this in mind, here are the activities/skills that we worked on during the 2nd semester:

- Hockey related skills such as dribbling and shooting.
- Using pool noodles to do a variety of manipulative and movement activities.
- Different types of balls were used for a variety of skills including rolling, bouncing, striking with the hand, striking with a paddle, batting, throwing, and catching-- individually and with a partner. These types of skills were also used in games that students played in small groups, as well as with the whole class.
- Cup stacking—students learned the basics in the sport of cup stacking. Cup stacking develops hand-eye coordination, quickness, focus, and bilateral proficiency.
- Various locomotor skills (walking, running, galloping, skipping, sliding, hopping, jumping, and leaping) were reviewed in activities throughout the semester.
- Many exercises were done to help students improve their aerobic fitness (stronger heart and lungs), flexibility, and muscular strength and endurance.
- One resource that was used when we were in the classroom was the Catch health program. This focused on helping students to understand healthy types of foods and activities (Go Foods and Go Activities).

Encourage your child to be physically active at least 60 minutes per day this summer (and every day)! I hope you have a wonderful summer!

Sincerely,

Mike Getsinger