

June 2021

Dear 4th 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:

- Students were introduced to the sport of 4 square. This was a great activity to develop students' striking skills, as well as competing in a constructive manner. After the basics were introduced, students learned how to play several variations.
- Baseball/softball related skills including batting, throwing, catching, and fielding a ground ball. Students did a variety of games and activities to enable them to use these skills in a dynamic setting.
- Tennis related concepts. Students practiced many skills individually including tapping the ball up, tapping it down, and striking it under control forward using both their forehand and backhand. Then they attempted to hit the ball back and forth with a partner.
- Volleyball concepts including bumping (forearm pass), setting (overhead pass) and serving underhand.
- Students performed various locomotor movements such as walking, galloping, skipping, sliding, grapevine, leaping, and running 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).

**In preparation for next year, encourage your child to do activities to improve their muscular strength, muscular endurance, and flexibility at least 3 days per week at home. Additionally, they should work on aerobic fitness a minimum of 3 days per

week. A great goal is for your child to be physically active at least 60 minutes every day!

I hope you have a great summer!

Sincerely,

Mike Getsinger
Physical Education Teacher