



RESICA ELEMENTARY SCHOOL PHYSICAL EDUCATION NOVEMBER/DECEMBER NEWSLETTER 2016

HEALTH CLASS NEWS UPDATE

Miss Conklin's Health Classes:

5th Grade- Communication Skills, I-
Messages & Conflict Resolution

4th Grade- Self Concept, Self
Awareness & Stress

3rd Grade- Skeletal and Muscular
Systems

2nd Grade- Hygiene, Hand Washing &
Dental Health

1st Grade- Feelings, Outside Body
Parts & Stages of Growth

Mr. Henry's Health Classes:

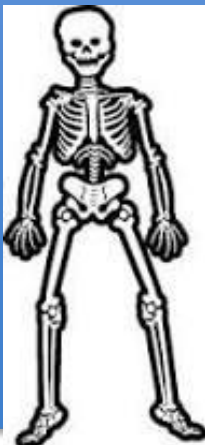
5th Grade- Safety, Emergencies,
Bullying & Social Skills

4th Grade- Safety, Emergencies,
Bullying & Confidence Skills

3rd Grade- Completed All Body
Systems & Germs

2nd Grade- Body Systems, Germs &
Illness

1st Grade- Body Organs & Germs



November's Noteworthy News

Things were busy in the gym in November. All 4th and 5th graders were busy developing their soccer strategies and game playing skills while 3rd grade was busy learning and practicing basic soccer skills. All of these grade levels worked on their arm and leg strength during games of "Crab Soccer".



Kindergarten, 1st and 2nd grades began their history lessons during physical education. These grade levels participated in seasonal games of "Turkey Noodle Signals", "What Time Is It Mr./Mrs. Pilgrim?", "Feed Your Turkey Relay", "Turkey Round Up" and "Turkey Scatter", just to name a few. These games developed teamwork and cooperation skills along with cardio endurance, muscle strength and endurance.

December filled the gym with anticipation and excitement!

All grade levels participated in games and activities inspired by the season. Kindergarten and 1st grade started the month with off with "Holiday Signals" This activity incorporates Christmas, Hanukkah and Kwanzaa with following directions and cardiovascular fitness.



Feed Your Turkey Relay



Elf Scatter



Christmas Tree Chop



Christmas Cookie Factory



Naughty or Nice Ball

They also participated in games of "Jingle Shapes", "Christmas Tree Tag", Stocking Stuffer", Reindeer Round-Up" and "Santa In The Chimneys". These games helped build spatial and body awareness, locomotor movement skills and fitness. Students in 3rd, 4th, and 5th grades started December off with games of "Santa Tag", "Christmas Cookie Factory", Elf Scatter" and "Christmas Tree Chop". These games work on dodging, fleeing, strength, teamwork and game strategies. These students also worked on their strength and endurance during games of "Team Who", "The Who Strike Back", "Team Elf" and "Reindeer Tag".



Reindeer Deer Round-Up



ONE School, ONE Book

Everyone's favorite hamster, Humphrey, was spotted in the gym in December.

