

# Physical Education

## December Newsletter



### Pre-K and Kindergarten

In December we are going to be reviewing loco-motor movements and then practicing going over, around and under hurdles.

The students will also learn how to do relay races, and in the relay races we will be practicing loco-motor movements and getting past hurdles.

### 1ST AND 2ND GRADE

In December the 1st and 2nd Grade students will be learning and practicing going over and under, and around obstacles while reviewing various loco-motor movements. The students will be doing relay races and stations using all of these skills. We will also be reviewing how to do relay races.

### 3RD — 5TH GRADE

For the month of December in Grades 3-5, students will be transitioning out of the Basketball Unit into the Underhand Tossing and Underhand Rolling units. The upcoming lessons will be challenging the students in these skill areas to help them be successful in end of unit activities such as bowling (rolling) and cornhole (tossing). During the weeks leading up to the end of unit challenges, the students will be fine tuning their motor skills in these areas using individual practice and partner practice activities.

Be sure to in tune with what is going on in class by following our Physical Education Instagram account [@84PhysEd](#)