

Physical Education

November Newsletter



Pre-K and Kindergarten

In November we are going to learn how to roll and aim a ball. The students will work with each other and individually. We will be doing various activities such as bowling, rolling balls using targets, stations and various games. During this month we will also work on ball manipulation skills.

1ST AND 2ND GRADE

In November the 1st and 2nd grade students will learn and practice rolling, throwing and aiming balls. The students will work individually and together. Some of the activities we will be doing are bowling, stations, using the balls to aim at targets and various games this month that work on our aiming and ball manipulations skills.

3RD — 5TH GRADE

For the month of November grades 3-5 will be wrapping up their Fitness/Nutrition unit and moving on to basketball related skills and activities, underhand rolling and overhand throwing. At these grade levels, students fine tune their motor skills in these skill areas and start incorporating them into team play activities. Throughout the following weeks moving into December, students will be participating in small sided team games in basketball, using their underhand rolling skills in bowling, and utilizing their overhand throwing in a variety of team and individual invasion games.

Be sure to in tune with what is going on in class by following our Physical Education Instagram account **@84PhysEd**