PE NEWSLETTER
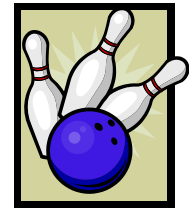
Upcoming Units

Parachute 1st and 2nd
Bowling 3rd and 4th
Cupstacking
Fitness Testing
Jump Rope
Circulatory System
Dance

Pe Events

Jump Rope for Heart
Wednesday 2/10

Cupstacking
Tournament
@Jones
Thursday 3/10
5:00-6:30

Don't forget to redeem your Chicago Wolves Tickets if your student is in 3rd or 4th grade!!!

1st and 2nd have started the parachute unit and 3rd and 4th are in bowling. The kids seem to really enjoy the activities. The 3rd and 4th graders will have a test on bowling and study guides will be coming home. The test is on Thursday January 14th. Cupstacking is one of the students' favorite units and I am looking forward to teaching it again. It is an excellent way for the students to work on bi-lateral coordination. I am   excited that our 8th annual cupstacking tournament will be held at Jones Elementary this year. The students will complete their second round of fitness testing and we hope to see an increase in scores. For our jump rope unit we will focus mainly on our Jump Rope for Heart event and information will be coming home shortly. The students work on their jump roping skills 1-2 weeks prior to the event. We raised over $20,000 last year for the American Heart Association and were the #1 school for our area! In the Circulatory System we mainly focus on Cardiovascular activities and the students will understand how the blood flows in our bodies. The students will be learning new dances this year such as Line Dances, Square Dances, Hockey Stick Dance, and Party Dances.

Pe Shoes

Students must change their shoes for physical education class, especially since we are in the new gym. If not, they cannot participate that day. It is important for us to keep the floor clean. Tennis shoes for indoor physical education classes are required. Indoor tennis shoes must be clean and stay at school. Tennis shoes worn to school can be worn outside, but not inside.

Contact me with any concerns
Mrs. Vlcek
815-290-7100 Ext. 6113
avlcek@min201.org