



Lyncourt School PE Newsletter

Pre K and Kindergarten

Stand like a T, then L, step and throw. What does this all mean? Ask one of our kindergarteners or Prek students and they will tell you that is how we throw. We started the month reviewing throwing and catching skills. We used stations as well as activities that incorporated skills. One game the Kindergarten students really enjoyed is Ocean Rescue. In this game, some student's stand in hula hoops, and are to pretend they are trapped at sea and all they have is their lifeboats. The other students are the rescuers and they are to throw them a ball "life ring" and then they can pull them to safety. If a student catches the ring, the one that threw the ball pretended to pull them over to safety.

We ended the unit with baseball skills. The main focus was hitting a ball off a T. Students really got into it and were swinging for the fences!

4th and 5th Grade

Bullseye! The 4th and 5th graders started the month aiming and firing in our archery unit. This unit is brand new for these two grade levels. Mr. Rehm and Ms. Volz hosted an archery certification class last month and earned an archery grant. This grant consisted of twelve brand new compound bows, five targets and arrows. The students were very excited for the new unit and did a wonderful job. Each class, their accuracy improved and they knew how to make adjustments after each shot!

They then had the chance to get their heart pumping in our jump rope unit. They had the chance to work on individual, partner, and group skills.

The last unit for the month was baseball. Students really came together as a team, both in the field and at bat.

1st, 2nd, and 3rd Grade

We jumped into April feet first by reviewing jump rope skills. Students were given the chance to revisit skills we learned towards the beginning of the year, as well as challenge themselves with new tricks. You could see the improvement students have made since the first time we did the unit.

We then moved to dribbling, passing and shooting in our floor hockey unit. In this unit, we first covered the importance of dribbling under control and trying to look up while moving around the gym. Once we added in passing and saw that students were understanding basic concepts, we ended the unit with small modified games.

No three strikes and you're out at Lyncourt. Students ended the month with baseball. We did activities to work on our fielding and hitting. At the end, we even played a modified baseball game.

Middle School

We started off the month playing handball. Students had to work together with their teammates to get the ball from one end of the playing area down to the other team's goal. When shooting, they learned the importance of mixing up their shots to keep the goalie on their toes. During the unit, we watched a professional handball game clip to help students see how fast pace the game is played. After watching clips, students picked up their level of intensity which was fun to watch!

We then ended the month reviewing jump rope skills. Students worked on individual, partner, and group skills. It was impressive to see the skills they developed.

Wellness Wisdom

Did you know that April is stress awareness month?

Here are a few things you can do to reduce stress

- Get enough sleep
- Eat a healthy Diet
- Be physically active
- Dance
- Listen to music
- Laugh
- Call a friend
- Work in the yard
- Spend time outside
- Read a good book

Brought to you by the Wellness Committee