



# Lyncourt School PE Newsletter

## Pre K and Kindergarten

We have been working on volleying skills this month. It was our task to keep a balloon in the air for as long as we could. Students used their hands, head, feet, shoulders, and more! They also had the chance to work with a partner and used teamwork to keep the balloon in the air.

We even got the chance in kindergarten to use things like pool noodles and paddles, which was a challenge, but the students did great.

We then moved on to our hula hoop unit, doing tricks from around our arm to our waist and even rolling the hoop and jumping through it. It was very impressive to see them work so hard.

We will be wrapping up the month with large group games and looking forward to what the New Year will bring.

## 4<sup>th</sup> and 5<sup>th</sup> Grade

We had to use a great deal of team work and strategy to help our teams be successful in basketball. We learned that these same skills were important for volleyball too!

Students learned how to bump, set, and serve in the volleyball unit. We also found out that working as a group made us more successful, rather than trying to earn points on our own.

We ended the month with large group games. We racked up the points in mat ball, and scored tons of points in target ball.

Next month, we will need to focus on working together in order to take on the challenge of cooperative games. We can't wait to see just what the New Year has in store!

## 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Grade

We put our volleying skills to the test, starting with balloons and using our hands, to using our feet, heads, shoulders, and more. We had the chance to test our skills with paddles, and noodles. We even had the opportunity to challenge ourselves and use foam balls instead of balloons, when working with the paddles.

Students learned about using their forehand and backhand to keep the ball in the air. All students were up for the challenge!

We then moved onto our hula hoop unit. Here, we practiced skills on our own and had the chance to complete cooperative tasks in groups. Students really had to communicate and use solid teamwork to get the job done, and they did a wonderful job.

We will be finishing up the month with large group game, and we are ready for the New Year filled with new activities and skills.

## Middle School

With December coming to an end, all middle school students have had the chance to swish a jump shot, bump, set, spike, and go for a bullseye!

We have found the excitement of working on team sports, as well as challenging ourselves in individualized activities.

We end the month with popping balloons on targets in archery, as well as large group games.

We are looking forward to new units and activities in 2016!

## Wellness Wisdom

Make sure to stay active over break! Children and adolescents should be getting at least 60 minutes of physical activity per day.