



Lyncourt School

January Issue

# Lyncourt School PE Newsletter

## Pre K and Kindergarten

The New Year has given us the chance to work on new activities, and revisit old skills!

We were working on our rolling, balancing and tumbling skills during our gymnastic unit. Students challenged themselves throughout the unit and their hard work paid off! They gained confidence in their abilities and were able to shine.

We had the chance to revisit throwing and catching this month as well. Students were challenged with individual tasks, as well as partner activities.

Throughout the year we will revisit skills to build off what the students can do, and make them even more successful in activities.

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

The New Year got us going head over heels for our gymnastic units. Students worked to develop individualized skills, in addition to partner tasks. Students were able to challenge themselves to try new skills if they were ready, and they did a wonderful job. The unit ended with students creating group routines and performing their master pieces. All groups did a fantastic job!

As the month came to an end, we began our cooperative unit, which will carry into the start of next month. They are seeing the importance of being a solid team player, in order to complete the task at hand.

We look forward to the continued cooperation throughout the rest of the school year.

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

Animals, rolls, and balances oh my! That was what our gymnastic unit was all about; various animal movements, rolls, balances, and more. Students did a great job of building off of skills they learned in previous years during this unit. Each day, they became more confident with their abilities.

Students began to understand the importance of communication, helping others, and being nice, thanks to our cooperative unit. These items were put to the test in a number of activities and games. Students really rose to the occasion and were very successful.

We wrapped up the month with continuing to develop our throwing and catching abilities. Students did a great job with individualized activities as well as partner tasks. Their hard work paid off when it came time to apply those skills to games.

Excited to see what next month will bring.

## Middle School

This month, the middle school has been cooperating, and going for the goal. We have done a cooperative unit followed by pillow polo, and floor hockey.

Skills that students were developing in the cooperative unit has made them more successful in pillow polo and floor hockey.

Students are making connections with items from one unit to the next.

Keep it up!

## Wellness Wisdom

Do you know what the hardest working muscle is in your body?

*Brought to you by the Wellness Committee*

Answer: Your heart