



Lyncourt School

March Issue

# Lyncourt School PE Newsletter

## Pre K and Kindergarten

This month, we reviewed our locomotive movements and various skills we have been working on in previous months.

We put our imagination hats on to explore scooterville, made a big “splash” in hula hoop puddles by jumping, hopping, and leaping.

We revisited a unit favorite with the parachute, making igloos, popping “popcorn”, and playing cat and mouse.

If that was not enough, we even worked on our bowling skills to get strikes and spares!

We cannot wait to see what April will bring!

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

How many fitness components are there? Why is it important to be physically active? I am sure if you ask one of the 4<sup>th</sup> or 5<sup>th</sup> graders they could tell you.

We started off the month building up our endurance, strength, and flexibility in our fitness unit. Students worked on the various components in a number of games and activities.

We ended the month with our handball unit, and put our cooperation skills to the test which we have been working on throughout the year. Students found out it takes a great deal of teamwork to get the ball to one side of the gym and into the goal. As the unit went on, teams became more and more successful!

We are ready for what April has to offer!

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

What are the five food groups? If you ask the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, graders, they can tell you. We worked on nutrition to get the month rolling. We learned about the food groups, what foods can be found in each, and why eating a mix of foods is good for us.

We were then fueled up to roll into a review of two popular units; scooters and parachute. Students got the chance to play games they have played in the past, as well as learn some that were new.

We will be jumping our way into April by starting off the month with our jump rope unit.

## Middle School

This month students were able to continue to develop their teamwork skills, as well as work on individual skills.

Handball got students to work together on the common goal of trying to score a goal as a team, while defending their goal from their opponent.

Badminton allowed them to learn the rules to both singles and doubles, which was exciting for the students. They saw how rules were similar to tennis and volleyball as well as how they can be different.

We are ready for April and the activities it will bring!

## Wellness Wisdom

### Here are some healthy snack ideas to try at home

Apples with peanut butter  
Whole wheat crackers and a few slices of cheese  
Fruit salad

Vegetables and hummus  
Yogurt and granola  
Celery sticks peanut butter and raisins

*Brought to you  
by the Wellness  
Committee*