



Lyncourt School PE Newsletter

Pre K and Kindergarten

We had our dancing shoes on this month! We had to freeze fast while doing freeze dance, and listen carefully to songs that had us pretending we were fish and airplanes. We also had the chance to showcase our best dance moves during free dance time.

Later, we used the parachute to make an igloo and played a number of games with the parachute. During the unit, we worked hard on teamwork and cooperation; both of these helped us be successful throughout the unit.

We wrapped up the unit with jump ropes, and are looking forward to what next month will bring our way.

4th and 5th Grade

We started off the month with reviewing dances we have learned in previous grades, as well as learning some new moves.

What's BEEF? Ask the 4th and 5th graders! They will explain just what BEEF is and how it can help them when shooting a basketball. (B-balance, E-elbow, E-eyes, F-follow through)

They also developed their dribbling and passing skills. We then applied what we had been working on into game play. Students had the chance to play two vs two, three vs. three, and even full court games of five vs. five.

Students did a great job in the unit and we are looking forward to putting their volleyball skills to the test next month!

1st, 2nd, and 3rd Grade

We found that we are great movers, and displayed our skills during the dance unit. We danced the cha cha slide to the PE version of the Whip and Nae Nae.

We let our imaginations run wild with the parachute. We built igloos, became turtles, made popcorn, and even became cats and mice, along with so much more!

We put our jump rope skills to the test. We challenged ourselves to leap, jump, and hop over as many ropes as we could. We then built up to basic jump rope skills, for turning the rope and jumping over it. It did not stop there! We even challenged ourselves to turn the rope backwards, skip, hop, and so much more while jumping rope.

Middle School

The middle school students have been working on team sports as well as individual activities.

Some grades have worked on their marksmanship skills in archery. While others have been working with the classmates to bump, set, and spike in the volleyball unit. We have also had the chance to better develop our basketball skills through drills and small sided games.

Next month, we will have the chance to rotate activities which will allow each middle school student to go for the bullseye in archery, swish a three in basketball, and get an ace in volleyball!

Wellness Wisdom



Have you ever wondered just how to shake those Thanksgiving calories?

The chart to the left shows how to burn off those calories consumed. The chart tells you how many calories in a serving for certain foods that people may have on Thanksgiving.

The pictures on the bottom of each square show how many of certain exercises a person will have to complete to make those calories disappear.

Sit Ups Push-Ups Running



<http://www.neontommy.com/news/2013/11/what-takes-burn-off-favorite-thanksgiving-foods>

You can also read over our Wellness Policy on the school website.

The Policy can also be found on the “under the district” tab. Click Board of Education followed by policies and lastly, scroll down to 5662.

Wellness Wisdom brought to you by the Wellness Committee