

November News Flash

Hello Bryant Families!

What a great start to the school year! Students learned the behavior expectations of moving our body safely, being respectful of each other and the equipment and doing our best regardless of the activity. Even new challenges like American Ninja Warrior (ANW)! That's right, we just completed a new unit of instruction that focuses on locomotor skills, fitness activities and lots of ninja fun all packed into an obstacle course. The kids loved it! If you've never watched ANW check out my blog. So cool!

Activity calendars are coming home again. One of the best ways for you to help your children develop healthy habits and place a high value on physical activity is to be active WITH them. The calendars are easy, active and fun for everyone!

As we change into our manipulative skills units (doing activities with our hands, feet and implements like whiffle bats and paddles), you can help kids

stay active with ball handling activities like throwing and catching, dribbling, toss and catch and rolling a ball. Help should focus on the act and fun of movement. Older students (3rd-5th) are also incorporating fitness tests into lessons. Encourage more running activities, push-ups and sit-ups. Keep in mind that these activities are for personal goals only; they don't have grades associated with them.

Activity creates warmth!
Mr. Willard

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