

Winter 2017 PE News Flash

Hello Bryant Families!

What a crazy winter we've been having. Or you could say we have been very lucky with warmer weather. Either way it's still difficult to get out with such a small amount of daylight. Cheers to those of you who are pushing aside the dark, grey skies and getting out for walks, a game of catch or maybe even a bike ride.

We are working on a review unit right now that incorporates many learning objectives from the start of the year like: I can overhand throw, I can jump rope and I can catch. This model of spiraling curriculum is important so students can build on learning. We also just finished a dance unit that was so much fun! Look for my YouTube dance playlist on my school page. Try to make some time to dance with your kids. Dance is a great physical activity to promote creativity, confidence and spatial awareness.

Gymnastics is coming up so ask about some of those skills in the coming weeks too.

This week I will also send home activity calendars. These are a great pre-determined list of activities that you can display and DO) at home. Second graders will create their own calendars as a showcase of personal responsibility and choice.

Remember that lots of intense movement releases those chemicals in our body that make us feel good, so go get some!

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