

# PE UPDATES

## SKILL FOCUS FOR QUARTER 1

I am excited to start another action-packed year of PE class! This quarter, we will be focusing on locomotor movements. Locomotor movements are how we travel through space and include walking, running, skipping, galloping, rolling, crawling, and jumping. Locomotor skills are an important aspect of the movement patterns outlined in the Nebraska State Physical Education Standards. While younger students will work on developing and refining these movements, older students will start to use locomotor skills at faster speeds and during games and activities. Let's get moving!



**Mrs. Owen**

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**Paddock Road Elementary**

(Cycle Days 1 and 2)

**Oakdale Elementary**

(Cycle Days 3 and 4)



### Safety Reminder

Appropriate footwear should be worn on PE days. Shoes for PE need to be able to be tightened and have a back that goes around the heel. If you are unsure about proper shoes for the gym, please contact me to ask questions.