

PE UPDATES

SKILL FOCUS FOR QUARTER 2

In PE class, we will continue learning different ways we can be active. We are also practicing being a good sport and teammate during competition. This quarter will focus on manipulative skills. Manipulative skills involve controlling and moving objects and are a crucial component of many sports and physical activities. These skills include throwing, kicking, dribbling, and striking.

The 3rd-6th grade students will also be completing fitness testing during their PE classes. Fitness tests are completed twice a year (fall and spring) to measure progress in various physical fitness components such as cardiovascular endurance, muscular strength, and flexibility.



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.

Contact Information

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