

# Physical Education News

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Hi! Working around all of the rain has definitely been a challenge during the past two weeks. Here's what students have been learning in class...

## 1<sup>st</sup> Grade

- Rolling
- Underhand throwing
- *Singin' in the Rain*

## 2<sup>nd</sup> Grade

- Rolling
- Underhand throwing
- *Singin' in the Rain*

### To find out more... ask your kids:

- To show and explain how to roll a ball

## 3<sup>rd</sup> Grade

- Fitness Circuit
- *The Cha Cha Slide*

### To find out more... ask your kids:

- To show you the *cha cha* step



## 4<sup>th</sup> and 5<sup>th</sup> Grades

- Fitness Circuit
- Core exercises
- Hockey skills
- *Patty Cake Polka*

### To find out more... ask your kids:

- What is your *core*?
- *Why* are you working on your Core?
- How did you use exercise balls to practice push-ups?



**"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity".**

**JFK**



Second grade students practicing their rolling.



Mrs. Alba's class *Singin' in the Rain*.



Students dancing the *Patty Cake Polka*

### [The Physical Education Web Page](#)

Family Fitness Tips, Monthly Fitness Calendars, Physical Activity Recommendations, Slide Shows and more!

<http://teacherweb.com/CA/VintageHillsElementarySchoolPleasanton/PhysicalEducation/>



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