



FALL INTO FITNESS



Washington P.E. Department:

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Washington P.E. Newsletter

Ball Handling Skills ~1st-5th Grades

Ball Handling Skills develop eye-hand & eye-foot coordination.

- We evaluated Football Skills for part of our 1st Quarter Ball Handling evaluation. Skill tests included Throwing, Kicking and Punting Skills.
- We also evaluated Soccer Skills for part of our 1st Quarter Ball Handling evaluation. Skill tests included Kicking zig zag around cones (Slalom), Juggling and Goal Kicking.



Basic Movement & Locomotor Skills ~1st-2nd Grades

- Students were taught Basic Movement concepts which are introduced to teach children ways to move safely in general or personal space using various Levels, Directions & Pathways.
- The 1st Quarter evaluation for Basic Movement and Locomotor Skills was based on developmentally appropriate applications of Walking, Running, Hopping, Skipping, Galloping, Side Sliding & Jumping. We will retest these skills in 4th Quarter.

Fitness ~ 3rd-5th Grade

Vigorous exercise & activities are essential to the healthy development of mind & body. Activities that promote a healthy, active lifestyle are used each day in P.E. These activities are designed for the total involvement of each student in some type of movement. All 3-5th Grade students will continue to work on developing lifelong fitness. Fitness is evaluated on the 1st Quarter Report Card for 3rd-5th Grades. Fitness evaluations were based on:

- Warm Up Laps: “Monster & Super Monster Laps”
- The Mile Run/Walk

Effort ~All Grades

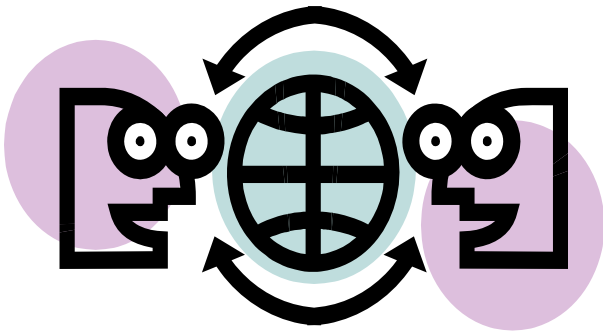
The Effort grade is not a part of the achievement grade. However, it is an important component of a healthy, active lifestyle. Effort demonstrates a willingness to participate in all physical activities.

- Actively participates in activities
- Follows directions & instructions
- Works independently during lessons
- Willingly participates & cooperates in group activities
- Quickly transitions from one activity to the next activity

Work Habits ~All Grades

The Work Habit grade reports the student's demonstration of those behaviors that contribute to optimal student learning & social development.

- Willingly shares equipment
- Observes safety rules
- Uses equipment responsibly
- Courteous toward others in speech & action
- Listens without disruptive behavior
- Demonstrates self-control



Upcoming Units & Events

- Tumbling: Including the Balance Beam and Rope Climbing, Tumbling Floor Balances & Tumbling Floor Travels.
- Floor Hockey: We will send a note home about when to bring your own goggles. Simple safety goggles from the local hardware store are fine to use!
- Jump Rope: Long and Short Rope Skills
- Racquet Skills

How to Contact Your Child's PE Teacher:

The best way to contact your child's PE teacher is to send an Email:

Mr. Koester SKoester@CUSD200.org

Mrs. Stanton DStanton@CUSD200.org

Mrs. Shirley NShirley@CUSD200.org

If you need to call: Please leave a message.

(630) 682-2222

We will respond to all messages within 24 hours of receiving them.

Washington PE Newsletters are written by Mrs. Stanton. Topics reflect the activities and lessons taught by the entire Washington PE Department.