

November/December News From The Playground

For the month of November in grades 1-5 we will participate in the actual testing for the President's Challenge. The children have been practicing, preparing and have goals in mind and are ready to go. We will test pull-ups, sit ups, a shuttle run, a mile run, and a v-sit stretch. We will also continue to play fun games that assess participation, running, catching, throwing, kicking, dodging, sportsmanship, cooperation and teamwork. In December, we will begin a soccer and a football unit. During the soccer unit we will practice dribbling, kicking, trapping and passing a soccer ball. We will learn positions and general rules of the game. During the football unit we will practice throwing a spiral, catching a football and punting. We will learn the general rules of the game. We will play games that involve all of these soccer and football skills too.

In the Pre-K and K classes we are continuing with eye/hand and eye/foot coordination skills. To build and improve these skills we will explore many different balls and frisbees this month. We will experiment with many different shaped and sized balls to develop our eye/foot and hand coordination. Some of the activities include individual and partner throwing and catching, becoming more accurate with our throws and tosses, dribbling with our feet and hands, and hitting targets with the frisbees. We will also continue to develop our jump rope skills. We will explore and play with parachutes too. We will also continue to develop and strengthen our locomotor skills such as skipping, jumping, hopping, leaping and galloping. We will continue to play games that involve following directions and cues and teamwork and cooperation.