

## **PHYSICAL EDUCATION**

### **PK3 Physical Education – Heidi Hebert, Wally Stevens**

Exciting, Enthusiastic, Energetic, these are just a few words that describe this wonderful part of my day. Our youngest knights have been so busy learning and playing with all of our PE equipment this quarter. We have kicked balls, thrown footballs, played with hula hoops, walked on cup stilts and danced like there is no tomorrow. Throughout the year we will be working on many basic movement skills such as running at different speeds and in different directions, galloping, hopping and other locomotor skills. We have had a great start and I am looking forward to 2<sup>nd</sup> quarter.

### **PK4 Physical Education – Heidi Hebert**

Pre-K PE has been filled with loads of fun this quarter. The students have been engaged in various activities including ball skills such as kicking, dribbling, rolling/bowling and partner passing; we have been engaged in Yoga Adventures and playing countless movement and spatial awareness games. At this age we place a lot of focus on basic movement skills such as running, skipping, galloping, walking safely backwards and many others. We have also enjoyed our time at the track. We are looking forward to some nice weather so we can explore the Duplechin Trail. The quarter has gone by so fast and we are looking forward to a fun-filled 2nd quarter.

### **K Physical Education – Travis Bourgeois, Chris Beckman, Charlie O'Brien**

Kindergarten PE has been filled with lots of fun this quarter. The students have been engaged in various activities including some throwing and catching at a target, scooter activities, hockey games and much more. We have been participating in Yoga Adventures and playing countless movement, tag and spatial awareness games. At this age we place a lot of focus on basic movement skills such as running, skipping, galloping, walking safely backwards and many others. The quarter has gone by so fast and we are looking forward to a fun-filled second quarter.

### **1<sup>st</sup> Grade Physical Education – Madeline Gugich, Charlie O'Brien, Wally Stevens**

Our First Graders have been very active this quarter during PE. Mondays we focused on locomotor skills through various relay races and Wednesdays were dedicated to wellness where we completed fitness stations, ran on the track or hiked on the Duplechin Trail. The PE department loves to work with the classrooms during their PBL units. We enjoyed working helping to prepare the first graders for their triathlon. What an awesome day that was! We have enjoyed a variety of group games to complete the week's activities. We have had a great time this quarter and are looking forward to what's ahead.

## **2<sup>nd</sup> Grade Physical Education – Heidi Hebert, Chris Beckman, Bill Jones**

Our 2nd graders have been very active this quarter in PE. The students have been engaged in 3 units including Hockey, Flag Tag and a Drum Fit. We had a great time in each unit throughout the week. Wednesdays were dedicated to wellness where we completed fitness stations, walked on the track they have learned some fun fitness games and were so active they didn't even realize it. We have enjoyed a variety of group games to complete the week's activities. We have had a great time this quarter and are looking forward to what's ahead.

## **3<sup>rd</sup> Physical Education – Heidi Hebert, Taylor Mims, Travis Bourgeois**

The third graders have been very active this quarter during PE. The students have been engaged in 3 units including Hockey, Flag Tag and a Drum Fit. We had a great time in each unit throughout the week. Wednesdays were dedicated to wellness where we completed fitness stations, ran on the track or hiked on the Duplechin Trail and we have learned some awesome extremely active relay and fitness games. We have enjoyed a variety of group games to complete the week's activities. We have had a great time this quarter and are looking forward to what's ahead.

## **4<sup>th</sup> Grade Physical Education – Heidi Hebert, Chris Beckman, Bill Jones, Travis Bourgeois**

The fourth grade units for PE this quarter have been dedicated to Outdoor Adventures. The students were actively involved in Kayaking, Camping, Hiking, Fly Fishing and Archery. This unit has been such an enjoyable unit learning not only how to do these activities but the safety precautions that go along with them. We dedicate Wednesdays for our wellness activities which include, fitness stations, walking on the track or The Duplechin Trail, various fitness relay games we have learned and even FIT-TAC-TOE and "FIT"NECT FOUR. Friday's are always fun with large group games that the students usually get to vote on for their choice each week. We have had a great quarter and are looking forward to the remainder of the year.