

Physical Education 2nd Quarter

PK3 – Wally Stevens, Heidi Hebert

We have had so much fun with are smallest knights this quarter. They have enjoyed going on hikes on the Duplechin Trail, taking trips around the “race track” and playing lots of fun games in the Phillips Gym. The students love playing with a variety of balls, balloons, noodles, frisbees and scarves. We thoroughly enjoy spending each morning with this group and are looking forward to 3rd quarter.

PK4 – Heidi Hebert, Bill Jones, Charlie O’Brien

The PK 4 class has been filled with new games such as Frogs and Lily Pads, Colored Turkeys, Pip Squeak and Wilbur, the Christmas Memory game and so much more. We have enjoyed relay races on the “race track”, hikes on the Duplechin Trail and various station games which include, basketball, bowling, soccer, scooters and basketball. This has been a fun semester and we have enjoyed watching the students grow.

Kindergarten – Chris Beckman, Travis Bourgeois, Charlie O’Brien

Our Kindergarten class has been very exciting and full of energy. The students were engaged in activities which included bowling, hockey, balance and tumbling stations, relay races, hikes on the Duplechin Trail and running on the “race track”. We have played a number of new games such as Pip, Squeak and Wilbur, Frogs and Lily Pads, Color Turkeys and a Memory Relay game. We have enjoyed this action packed quarter and are looking forward to the third quarter.

1st Grade – Madeline Gugich, Charlie O’Brien, Wally Stevens

1st Grade PE is always active and exciting. This quarter the students were engaged in a variety of activities which included: Frisbees, Hop 66, Bowling, Hockey, Paddles and Balloons, soccer skills and basketball skills. The students also did a great job participating in the Wellness Wednesday activities, Yoga and dance activities and our large group Fun Friday games. We have enjoyed watching these students grow and develop during the first semester and we are looking forward to 2019.

2nd Grade – Heidi Hebert, Chris Beckman, Bill Jones

Our 2nd grade class has been very exciting and full of fun activities. The students were engaged in several units this quarter including Basketball, Jump Rope, Cup Stacking and bowling. The basketball unit focused on dribbling, passing and proper shooting technique. In jump rope they were introduced to different jumping patterns such as: single and double bounce, long ropes with partners; in the cup stacking unit the students were taught the 3-3-3 stack and competed in a round robin competition with their classmates. Bowling consisted of the 3-step approach, proper hand placement on the ball, pin placement and various vocabulary words such as strike, spare, split and turkey. The students worked very hard this quarter and we are looking forward to 2019.

3rd Grade – Travis Bourgeois, Heidi Hebert, Taylor Mims

The 3rd grade units this quarter were Basketball, 4-Square and kickball. The kickball unit covered a variety of skills and concepts including base running strategies and defensive skills. The students were placed on teams and played games against one another while always promoting teamwork and fair play. The basketball unit focused on dribbling, passing and proper shooting technique. We played 3 on 3 games where game strategy was introduced. The 4-Square unit was a fun outdoor unit truly learning to cooperate with others while incorporating new rules as well as basic rules. We have seen a lot of positive growth and are looking forward to the upcoming quarter.

4th Grade – Heidi Hebert, Chris Beckman, Travis Bourgeois & Bill Jones

The 4th graders have been actively engaged in activities including Flag Football, Kickball, Basketball and Hockey. The fundamental basketball skills were practiced through dribbling relay, figure 8 drills, shooting drills including proper lay-up technique and passing drills. The students played a variety of kickball games such as traditional kickball, Mat Ball and kickball basketball. During the flag football unit the students focused on throwing and catching, dodging and flag

pulling. Lead-up games were played promoting cooperation, teamwork and good sportsmanship. Hockey is always a fun unit where the students are taught proper stick grip, passing, shooting and most importantly how to play as a team. We also saw great improvement in their fitness level during our fitness days. We have learned several new group games the students seemed to love playing. This group is always a fun and exciting group. We have enjoyed working with this group and are looking forward to the 3rd quarter.