

3rd Quarter Physical Education



Gym Days:

Pre K Wed

K Wed & Fri

1st Mon & Fri

2nd Mon & Fri

3rd Mon & Fri

4th Mon & Fri

5th Tues & Thurs

6th Tues & Thurs

7th Tues & Thurs

8th Tues & Thurs

Pre K and Kindergarten

Gymnastics will continue in the kindergartens for the next 3-4 weeks. Tumbling includes forward rolls and bridges.

Following will be the balance beam, vaulting horse and bars.

We will continue with a balls unit after that, concentrating on proper throwing form and bounce/catch.

We will take these ball skills and use them in 'lead up' ball games.



1st Grade

Gymnastics will continue in the 1st grade for the next 3-4 weeks. New tumbling move for this year is the tripod. Following will be balance beam, vaulting horse and bars.

The rest of the quarter will focus on ball skills; throwing, catching, dribbling with hands and feet.

2nd Grade

Gymnastics will continue for the first 3-4 weeks of the quarter. The new skill in the 2nd grade is the barrel roll. This is a lead up to a cartwheel. The balance beam, vaulting horse and bars will follow..Hula-hoops and scooter will follow that for individual activities.

3rd Grade

Gymnastics will continue for the first 3-4 weeks of the quarter. The new skills in the 3rd grade are the headstand and straddle roll.

Balance beam, vaulting horse and bars will follow.. Deck Tennis is a lead up game that carries the same skills as volleyball with rotation and serves. Instead of hits the deck tennis ring is thrown and caught. Volleyball will end the quarter.

4th Grade

Gymnastics will continue for the first 3-4 weeks of the quarter. The new skills for the 4th grade are the handstand and backward roll.

Balance beam, vaulting horse and parallel bars will follow. Deck tennis is a lead up game that uses volleyball skills like rotation and serves. Instead of hits the deck tennis ring is thrown and caught. Volleyball will end the quarter.

All volleyball will be taught rally scoring. All 4th grade girls and

boys are encouraged to play volleyball next year on the Port Catholic team. Practice will start in August. Interested in coaching? See me.

Jump Rope for Heart

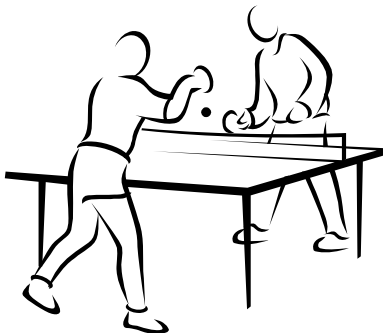
The American Heart Association received a total of \$2224 from Port Catholic. Grades K-4 did the jumping on Feb 1st. CONGRATS!

5th and 6th Grades

This quarter 5th and 6th graders are beginning with volleyball.

Individual ball skills are stressed. Next they will be playing table tennis. NOT PING PONG. Ask them why the official name of the game is table tennis. We will practice and play in doubles and a mixed doubles tournament will end this unit. We will finish the quarter with gymnastics. This will include:

tumbling, balance beam, vaulting horse and parallel bars. All units include a written quiz. Quizzes include questions on rules, etiquette, strategies, and vocabulary. Extra study sheets are available from Mrs. Miller.



7th and 8th Grades

Volleyball will begin the 3rd quarter. Next, they will play paddle tennis. Paddle tennis is an indoor tennis game with a smaller court. We play with a plastic paddle instead of a racquet. A doubles tournament will end this unit. Team handball will finish the quarter. Team handball is an Olympic sport that has been modified for indoor play by middle school students. It is a high action game where players dribble and pass like basketball, but shoot at a goal, like soccer.



Reminder: We are stressing good hygiene. Please check that your middle school student has deodorant and clean gym clothes.