

VERNFIELD PHYSICAL EDUCATION

Cycle 11-15

**Don't just tell your kids to be active and to get outside and play.
Lead by example. - Summer Sanders**

Hello Vernfield Families,

It is hard to believe that October is ending and November is around the corner. It just means that we are all very busy and life is passing us by a lot quicker than we thought. However, knowing that we are busy, I am often encouraging the students of Vernfield to be active, go outside, and be a child. Having two of my own (4th & 7th), I know it is easier said than done. They are both active with hockey and gymnastics. But when free time is available, it is usually used as down time. So when there is opportunity to be outside, we often do something as a family.

One of my continuous goals is to show children that you can be active and have a decent "workout" while having fun at the same time. In their mind, they are just playing games. But when I watch them, I am looking for not only their enjoyment, but are they developing good body control (staying on their feet), visual awareness (watching where they are going - not bumping into anyone or anything), and camaraderie (working with their classmates). Quite often I talk to them about how important being active is in their lives. It is a very important part of their physical, mental, and social development. There are 1,440 minutes in a day, make 30 of them active.

Sincerely,

Mr. Gross (PE Schoology Access Code: 7R94M-4RJ92)

Kindergarten	1st & 2nd Grade	3rd, 4th, & 5th Grade
Kindergarten is continuing its progress in becoming familiar with the gym, while being introduced to the ideas of body control, spatial awareness; as well as becoming good citizens by participating in activities that require teamwork and being helpful.	First & Second Grade have been busy developing good body control, visual awareness, and teamwork. Starting soon, we will begin to use scooters and introduce non-locomotor movements. I like to use the scooters to introduce these concepts. In second grade, we'll discuss the muscles that are involved while using the scooters.	We are wrapping up our lessons in the 3 C's (cooperation, communication, and camaraderie). Fifth Graders usually do the best with these activities. While 3rd Graders tend to have some difficulty. Their challenge is sharing ideas and being receptive to others in a positive way. Fourth Graders tend to be somewhere in the middle. Soon, we will begin introducing our fitness lessons.

PLEASE REMEMBER TO WEAR YOUR SNEAKERS TO PE CLASS!!

PE IS 4 ME!!!