

I think the most important thing is to keep active and to hope that your mind stays active. - Jane Goodall

Hello Vernfield Families,

I hope your child(ren) is(are) having a great start to the year. We have been very busy in PE/Gym/Wellness class (call it what you want - great song!). Kindergarten is becoming familiar with the size of the gymnasium and we are trying to use its space to our advantage. First and Second Grade are working hard and finding out that 40 minutes of class can be very tiring. Third, Fourth, and Fifth Grade are working on developing that “one big happy family” concept.

I look forward to continuing our progress in PE class, as well as showing them that being active while having fun at the same time has benefits not only in the gym but in life.

Sincerely,

Mr. Gross

Kindergarten	1st & 2nd Grade	3rd, 4th, & 5th Grade
<p>So far, so good in Kindergarten. We are working on exploring the huge space that the gymnasium provides us. This is being accomplished through a variety of spatial awareness activities during class. We've begun to learn about galloping and skipping as well (two skills that are not only beneficial to physical development, but also cognitive development). We'll continue to work on these skills during the next month.</p>	<p>We are off to a great start in 1st & 2nd Grade. First Grade has been reviewing our movement concepts (spatial awareness, body control, and locomotor movements) and fine tuning them by using a variety of warm-up, large muscle group, and movement activities. Second Grade has been using similar activities. But their focus is on mastering those concepts for bigger, better things to come throughout the year.</p>	<p>It is truly an amazing thing to watch the students work together and solve problems together. As odd as it may sound, when we do our team building activities, I have been telling them that I expect them to fail - at the beginning. With time and repetition, they have learned from their mistakes and have become successful. On days when we have nicer weather, we've been going outside for some large field activities. This will continue for the next month.</p>

PLEASE REMEMBER TO WEAR YOUR SNEAKERS TO PE CLASS!!

PE IS 4 ME!!!