

## LEARNING TO MOVE. . .MOVING TO LEARN

November, 2009

**Pumpkin Run** Our 2009 *Pumpkin Run* was an absolute blast! Mrs. Speer said she had never witnessed such a smoothly functioning *Pumpkin Run* event! Thanks again to all the parent partners who helped make this a success. We witnessed hundreds of joyful, exhilarated, confident faces that afternoon. Let's "ride the wave" of our students' interest in running by participating in some of the many community family runs this season such as annual *Turkey Trot* downtown run!

**Climbing Club** *Climbing Club* will be on Wednesdays from 3:10 to 4:00 pm during November and December with 3-5<sup>th</sup> grades on Nov. 4, Nov. 18 & Dec. 9, and K -2<sup>nd</sup> grades (parents must attend) on Nov. 11, Dec. 2 & Dec. 16. Students do not need to sign up and may come on any of the nights designated for their grade level. 3-5<sup>th</sup> grade students do need to be sure that their parents know they are staying after school and that arrangements to get home at 4:00 pm have been made.

**Volunteers** We usually have many children at these climbing clubs, even with the division of grade levels. If you have not yet contacted Mr. Marcy, Climbing Club Coordinator (marcylivestock@msn.com) or PE Coordinator, Mr. Schwab (mike@prohoam.com), about helping with *Climbing Club* please do so soon!

**Sports and Activity Emphasis** Our TCKS elementary P.E. curriculum is a spiraling skills-based curriculum in which students learn and sharpen fundamental physical knowledge and skills that can be applied to many recreational activities. Some of the sports and activities emphasized through skills-related or lead up games this quarter will be: Basketball, Climbing Activities, Skills Relays, and The PSD *Fitnessgram* Assessment

**2<sup>nd</sup> Quarter Skills Emphasis**-Although we're constantly integrating many physical skills in PE class, certain skills will be specifically addressed and practice in different units and quarters (see the *TCKS PE Program Overview* page).

**K - 2** The younger grades are working on a variety of skills including: stopping, starting, sliding, skipping, galloping, throwing, shooting, passing, catching, bouncing and beginning dribbling.

**3-5** Older students are working on offensive strategies including passes, routes, and general ball-handling (i.e. dribbling skills, switching hands, etc.). Students also learn and practice defensive strategies including stealing, chasing, guarding.

**Basketball**-The throwing/passing skills learned and practiced in this unit include: chest, bounce, and two-hand overhead. The dribbling, ball-handling and running skills include: changing hands, changing direction, quick stop and pivot. Jumping and shooting skills include: jump shot, lay up, and set shot.

**Climbing Games**- Students are working on climbing strength, endurance, balance, and coordination on the climbing wall, nets, and ropes.

**Skills Relays**-Relay games are a fun way for individuals develop and sharpen our specific skills in a light group competition setting.

**Fitnessgram Assessment** The *Fitnessgram* is the PSD-adopted standard student physical fitness assessment. Like the well-known *Presidential Fitness Test* we all grew up with, it includes specific exercises demonstrating student muscle strength, endurance, flexibility, and cardiovascular endurance. The exercises are: curl-up (modified sit-up), push-up, sit/reach, and the PACER running test. There are nationally-normed grade-level standards for each of these exercises that we hope our students can achieve and, perhaps, surpass!

Happy Thanksgiving!

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