

# PE Class K-5 Week #9

If you and your family have found ways to get some exercise that everyone enjoys, do that. This is a time to have fun and do something different. Fitness should be fun for kids. We are encouraging lifelong fitness and fun should be the number one goal!

Keep being active.

K-5

Last week I encouraged everyone to work on some skill based learning. K-2 worked on striking while the 3-5 groups worked on over hand throwing. May is our throwing (overhand and underhand) and catching, lacrosse and baseball month so there will be some games and activities for all of those units mixed in.

Skill focus: K-2 -

Game: Cornhole: <http://www.viewpure.com/X4jD8k5aTGI?start=0&end=0>

Skill: Underhand throwing ( [http://www.viewpure.com/\\_4O1vpM0ZI?start=0&end=0](http://www.viewpure.com/_4O1vpM0ZI?start=0&end=0) ). We practice this skill in the above mentioned game. This is a fun summer time game that requires students to throw a bean bag on a wooden board with a hole in it. I love it because it really lets me evaluate their underhand throwing while also, playing a fun and active game. We don't have enough cornole sets for everyone so what we do is place two hula hoops opposite of one another. If you don't have hula hoops you can use a belt or string or whatever else you have to create a circle. If you do not have bean bags, two socks folded together works great as well!

Have some fun, have a family tournament, get outside! Please send me some pictures or fun videos of them playing and I will do the same!

