

Physical Education

Smith Elementary School

Mr. Mozer

Skill Development

1st, 2nd, 4th, and 5th grades have been working on a wide variety of skills this second quarter.

Students this semester continued to practice various locomotor movements. Students have also learned new warm up exercises such as high knees, bottom kicks, lunges, majorettes, and planks.

The next unit students were able to practice involved floor scooters. Safety on the scooter was emphasized daily as well as the various ways to travel on a scooter. Students were able to participate in races and a battleship game.

After scooters, students spent a week using a

parachute. Teamwork was emphasized as well as a discussion on how parachutes operate.

After the parachute, students began learning various volleyball skills. The skills included bumping, setting, and hitting. Hitting was used to teach students to overhand serve.

For the New Year, 5th grade was able to go on a ski trip to the Great Divide. Many students were given the opportunity to learn to ski or snowboard.

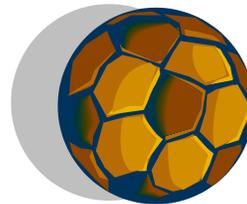
Students still continue to participate in fun fitness days once a month. During this time, we review skills taught earlier in the year as a review. Some new activities now include

riding on scooters, dribbling a basketball, and volleyball.

For the end of the quarter, students have started learning skills for basketball. This included dribbling, passing. For the start of the next quarter, students will begin to shoot, steal and play more games.

For weekly updates on student activity, please visit the website below: <http://jefferson.helenasc hools.org/teachers/amoz er/>

Thank you for allowing me to teach your children and have a wonderful day.



Basketball Terms

Dribbling, Passing

Volleyball Terms

Bump, set, hit, volley

Assessment Activities

In my PE class, students are learning a wide variety of vocabulary that will allow them to discuss various skills and sports. Here is a list of words you may review with your child.

General Terms

Warm Up, Cool Down, slide, plank, high knee, bottom kick, lunge, majorette.

**January 26,
2016: Second
Quarter**



Expectations & Safety

1. Students need to wear tennis shoes for PE class.
 2. Students follow school/classroom rules.
 3. If a student is not able to participate the parents need to call/email the teacher.
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