

# Physical Education

## Smith Elementary School

Miss Richards

### Quarterly Report

## Skill Development

Wow! Quarter II in P.E. was jam-packed with fun activities and skill building. The kindergarten, 3rd grade, and Montessori classes have all been working hard on a wide variety of skills and showing good sportsmanship. The kindergarteners have primarily been focusing on developing fundamental movements and basic body management skills.

Through various warm-up activities, the students continued to practice locomotor skills and spatial awareness when moving in general space. Practiced locomotor skills include: walking, running, skipping, galloping, jumping, leaping, hopping, side slide, and grapevine.

The parachute unit was a popular unit for all grade levels. Activities

with the large, colorful parachute increase the strength of large muscle groups, coordination, listening skills, cooperation, movement development, and teamwork. The "Popcorn" activity was a kindergarten favorite, while the older students enjoyed "Fox in the Hen House".

During the scooter unit, the students learned scooter safety and cooperative skills. Scooter activities provide the students with an exciting way to work on core and upper body strengthening. Scooters develop coordination and endurance, while also providing sensory benefits.

All grades had a blast learning basic volleyball skills during the volleyball unit. The students learned to pass (bump) and set the volleyball using proper

form and technique. Through cooperative games, they also practiced serving the ball over the net using the underhand technique.

The final unit we explored during Quarter II was the basketball unit. The students enjoyed and participated in several challenging new activities and games during this unit. Through these activities, they practiced dribbling, passing, and shooting. The smiles on their faces after making a shot during our "Hot Spots" activity were priceless!

What a wonderful first half of the school year it has been in P.E.! The fun will continue in Quarter III, and my goal remains to help the students develop a positive attitude for leading a healthy, active lifestyle.

January  
2016



## Expectations & Safety

1. Students are expected to follow school/classroom rules.
2. Please help your child remember their tennis shoes on P.E. days.
3. If your child is unable to participate in P.E., please send a note, call me at 324-5670 or email me at

[arichards@helenaschools.org](mailto:arichards@helenaschools.org)

## Assessment Activities

In P.E., students are learning a wide variety of physical activity related vocabulary terms. The lists provided include words you may review with your child at home.

### **General Terms**

General Space,  
Personal Space,  
Tossing, Throwing,  
Catching, Walking,  
Jogging, Running,  
Galloping, Skipping,  
Hopping, Leaping,  
Jumping, Warm-up

### **Volleyball Terms**

Bump, Pass, Set,  
Serve, Net

### **Basketball Terms**

Dribble, Pass, Shoot,  
Hoop