

FITNESS and WELLNESS 1st—9 weeks

Weeks 1/2: Classroom management / rules / expectations. Proper use of spacing - both general and personal space; Be prepared for fitness - wear tennis shoes or borrow from the rack; Freeze - stop, look, and listen; Respecting the rights of others; Hustle - do your best; and Grouping.

Week 3: K/1 Manipulatives, numbers, and colors: Hoops. 2/3 Hoops and Wands; 4/5 team/group challenges.

Week 4: Fitness stations using manipulatives. 3rd, 4th, and 5th participated in the Fitness-gram Pacer test for Cardio-Respiratory endurance.

Week 5: Throwing with opposition using an overhand throw. 4th and 5th—Football positions and skills. Centering, throwing, catching, running, and handing off.

Week 6: K/1 Beanbag activities; 2/3 Throwing overhand—football. Understanding the role of players on a football team; 4/5 Football lead up games.

Week 7: Bring a parent to PE week: K/1 Ball control; 2/3 Throwing overhand at stationary targets; 4/5 long jump rope skills.

Week 8: Tumbling and rolling—body control

Week 9: Soccer skills—trapping, pull back, dribbling, and controlled kick using the inside of the foot.

Student Expectations: Students are expected to be prepared for participation by wearing comfortable clothing and tennis shoes. Shoes are available to borrow for those who do not have appropriate shoes. Their class can earn a compliment if everyone wears tennis shoes. Students are expected to be actively engaged in all activities to the best of their ability, follow game and activity rules, be a good sport and have fun.

Bring a parent to PE week

We had a fabulous turnout for this event. I was extremely excited to see parents participating in fitness with their child/children.

5 Simple, Fun Ideas for Family Fitness:

1. Make Time to Play
2. Walk or bicycle every where you can
3. Plan active family gatherings
4. Sing and dance while you clean
5. Make yard work fun—less of a chore

Family activities and fitness at an early age can go a long way toward helping children form healthy habits for life.

Please feel free to contact me if you have questions about your child's participation:

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Website: <https://www.fcps.net/Domain/2558>

Follow our activity on Instagram: [squires_fitness](#)

Facebook: [Squires Fitness and Wellness](#)

♥ **Healthy Hearts 2nd /3rd grade Wednesdays through November.**

♥ **Jump Rope Club will begin on December 5.**

♥ **Squires Basketball Team practice Thursdays beginning November 1.**

♥ **Football Intramurals are on Mondays through November 5. Soccer will begin Monday November 12.**

Guidelines:

NASPE standards for Physical Activity:

Standard 1 - Students demonstrate competency in a variety of motor skills and movement patterns.

Standard 2 - Students apply knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - Students demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - Students exhibit responsible personal and social behavior that respects self and others.

Standard 5 - Students recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social

Personal responsibility:

- **Sportsmanship:** Engages in physical activity with responsible, interpersonal behavior (peer to peer, student to teacher).
- Exhibits **respect** for self and others with appropriate behavior during physical activity.
- Works **safely** with peers and equipment during physical activity.
- **Follows directions** and participates correctly in activities.
- **Effort:** Actively engages in ALL activities—both teacher directed and independent.

****Your child meets expectations for Fitness and Wellness unless noted above. If an area is circled, that is an area which needs correction or improvement.**