



ACADEMIC ACHIEVEMENT



COMMUNITY



ARTS & PHYSICAL EDUCATION



PYP

Physical Education Bradley International School Newsletter

Fall 2016

Physical Education Teacher: *Andy Hoffer*

Physical Education Curriculum

Fitness:

For the past few months we have been talking about the heart and how it works in our bodies. The upper grades are getting a good sense of the cardiovascular system, and we will continue to learn about the rest of the body and its function. The lower grades will work on the relationship between the heart and muscles and how they relate to exercise. We work on fitness and health throughout the year.

I have also introduced the students (3rd-5th) to Polar GoFits. These are wrist monitors that track heart rate, calories burned and steps taken throughout the time they are in PE class. It's a great way for the students to figure out healthy heart and fitness zones.

Skills/Sports/Activities:

The first couple of months we worked on skills and activities around throwing and catching. To my delight, the students did a great job. It was nice to see how students that have prior knowledge of the skills stepped up and helped out those that were new to it or maybe had only experienced these skills when in Physical Education class.

We have just started our Olympic activity unit. I will introduce the students to some of the unique sports that are associated with the Olympics. In the process, they will also learn about countries around the world as each class has been assigned a country to represent. Ms. Kenney is also going to help each class make their country's flag.

In the upcoming months we will start focusing on skills that will help with balance, coordination, accuracy and focus.

Dance:

Dance is a big part of Physical Education as it spans cultures, communities and the world. It is also a lifelong activity that is healthy for you. To date, ALL students have learned the dance "Thriller". They will perform it after the Halloween parade. We will continue learning many dances throughout the year. I teach dance for health and culture but mostly for FUN. Some of the dances are seasonal like Thriller (Halloween connection but not a Halloween dance). The next dance that they will learn is the "Virginia Reel" (3rd - 5th) or the Doe Si Doe (K - 2nd). As we learn new dances, we discuss the history behind them. The Virginia Reel and the Doe Si Doe are old American dances that relate to Thanksgiving.

I also teach a lot of Zumba type dances as I am a Zumba instructor for children and adults! Zumba is a Latin based fitness dance program that incorporates dances from Columbia (Cumbia), Brazil (Merengue), USA (Salsa) and many other countries. I also teach "modern" dances to songs that your kids are more familiar with (i.e. Happy, Timber, Xs and Os). The kids are having a great time with our dances.

I recently started "Look What I Can Do" posters for each class. Please send in a small picture of your child doing something physically active (sport or activity). I will then display it on a classroom poster for all to see.



PYP: November – December

Who We Are - This is a central idea for many of the activities that we will be doing over the next few months. Stories and activities are often expressed through movement, sports and dances.



How to Support At Home

Take time to exercise or dance with your kids. Help them get into the healthy zones for their heart and fitness!!



Other Announcements

The students did a great job at the Second Annual Fun Run. Thanks for all of your support!



Dates to Remember

Literacy Night is almost here. Mark your calendars for Wednesday, November 2nd.

Thanks for all of your support!

Mr. Hoffer