

Physical Education Bradley International School Newsletter

Spring 2017

Physical Education Teacher: *Andy Hoffer*

Physical Education Curriculum

Fitness: The students in all grades have been introduced to the ASAP (Active As Soon as Possible) concept. This gets the students physically active as soon as they enter the gym. Not only does this help with fitness and conditioning, but it gets the students focused right away. These activities vary from muscle building techniques to stretching to cardiovascular fitness and dance.

Skills/Sports/Activities: The main focus the last couple of months has been on basketball skills and jumping rope. We have spent quite a bit of time with basketball. The idea behind this time spent is not to make NBA or WNBA stars out of the students but to allow them to explore sport concepts such as controlling a non-stable object while moving (dribbling and passing) as well as offensive and defensive strategies that are common in many sports. We have talked a lot about athleticism, peripheral vision, teamwork and how these ideas relate to other sports. Jump rope is taught as not just a fun thing to do but how it relates to movement, dance, coordination, rhythm and other areas of sports.

Gymnastics will be our next area of focus. I recognize that we already have some great gymnasts at Bradley. My goal, however, is to make sure that ALL students are introduced to basic skills and balancing techniques while coordinating their bodies to achieve certain goals. I will utilize the experienced students to help demonstrate and act as peer teachers.

Dance: Students learned The Cupid Shuffle this month because of Valentine's Day. I like to encourage students to be creative with their moves and understand how the beat and rhythm affect how they move. Along with this dance, I have introduced new Zumba dances for fun, fitness and rhythm. As March approaches, students will be introduced to dances pertaining to St. Patrick's Day.



PYP: Kids Taking Action!

Jump Rope for Heart has been a HUGE success. Thus far students raised more money year than last year. What a great way to help the American Heart Association and those who have heart problems. The last day of **Jump Rope Fore Heart is March 14th**. Please have your children bring in their pledge packets on that day. That is also the day of the JRFH event at school. More information will be forthcoming.

The 5th grade Unit "Who We Are"-**how lifestyle choices affect us now and in the future**. This is a common theme that ALL students will be focusing on as I continue to stress lifelong activities, nutrition and health concepts.



How to Support At Home- Encourage healthy choices that include family exercises, meal development and outings that are heart smart.



Other Announcements- *Drums Alive and Jump Bands will be introduced to the kids in the very near future. These may possibly be the most exciting activities that your child will do all year. Drums Alive is an activity that combines upper and lower body conditioning, dance, rhythm and fun.*

I will also be leading a Cupstacking club for 3rd-5th. This is a great activity that will help prepare the students for their upcoming tests while they have fun connecting both sides of their brains'.

Keep an eye out for my after school programs. They will include dance club, softball and kickball.

Dates to Remember

Family Fitness Night-DTBD

Field Day –May 31st