



PYP



ACADEMIC ACHIEVEMENT



COMMUNITY



ARTS & PHYSICAL EDUCATION



IB

Physical Education Bradley International School Newsletter Spring 2019

Physical Education Teacher: Mr. Hoffer

Physical Education Curriculum

Fitness: The students in grades 3-5 are continuing to use Polar Gofits as a better/different way to help monitor and understand fitness levels and heart healthy zones. Using Polar Gofits gets the students physically active and focused on fitness and conditioning as soon as they enter the gym. Activities vary from muscle building techniques, stretching, cardiovascular fitness and dance. The earlier grades participate in similar activities however they do not use the Gofits.

Skills/Sports/Activities: The focus has been on basketball skills as well as practicing dance and rhythms in exercise. Jump rope is taught as not just a fun thing to do but how it relates to movement, other areas of sports, dance, coordination, and rhythm.

Gymnastics: We will move into this area next. 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. Students will also learn how to strengthen muscles that are associated with this unit. I have developed some challenging activities for the students to help with coordination and strength building.

Dance: Because of Valentine's Day in February, students have learned how to do The Cupid Shuffle. I encourage students to be creative with their moves and understand how the beat and the rhythm affect how they move. Along with this dance, I have introduced new Zumba dances for fitness and rhythm. I like to incorporate the "new songs" that kids listen to a create dances to them. Of course, another main focus for dance besides the lifelong fitness is first and foremost, FUN! Incidentally, Mr. Yaden (music teacher) has been introducing the kids to Latin beats in his class so the kids are making connections.



PYP: Kids Taking Action!

Kids Heart Challenge is now underway. Last year Bradley students raised more money than they EVER! This year our goal is \$11,000. This is a great way to help the American Heart Association and those who have heart problems. Please help your child with this great fundraising opportunity.



How to Support At Home - Encourage healthy choices that include family exercises, meal development and outings that are heart healthy, heart smart and FUN!! Put those smart phones and watches to good use. Look for Family fitness and health apps that involve the whole family in heart healthy activities.



Other Announcements - Cupstacking has started. This is a great activity to help with hand/eye coordination and speed as well as activating the brain. I will also be leading a Cupstacking club for 3rd-5th in the mornings prior to their state assessments. 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'. More information upcoming.