



Physical Education Bradley International School Newsletter
Fall 2018

Physical Education Teacher: Mr. 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 how the body functions. They are also either beginning or continuing to learn about the **Skill and Health** related concepts of physical education. 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 and how these skills relate to so many games and sports that they will play throughout their lives. 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.

In the upcoming months we will start focusing on skills that will help them with striking objects as well as 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." The students ALL performed it after the Halloween parade in front of a huge crowd of parents. Hopefully you came out to watch. The next dance that they will learn is the "Virginia Reel" (3rd and 5th), a Square Dance (4th grade as they study Colorado and the Square Dance is the State dance) and the Doe Si Doe (K-2nd). (I talk to the students about the history behind the dances, that they are old American dances and how these dances relate to Thanksgiving.)

I also teach a lot of Zumba type dances as I am a Zumba instructor for children and adults! I will be teaching your kids dances from Latin countries for fun and fitness. I also teach "modern" dances to songs that your kids are more familiar with. The kids are having a great time dancing!

The fourth and fifth grade have also taken on the challenge of recreating old dances and re-creating them with a modern twist.

I also have 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 "what they can do."



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 Third Annual Fun Run. Thanks for all of your support.

Dates to Remember - February 14th will be another opportunity for you to come watch your kids dance. They will all perform "The Cupid Shuffle" to celebrate Valentine's Day and to conclude Jump Rope For Heart.

Thanks for all of your support! We wouldn't be successful without your help.

Mr. Hoffer