



ACADEMIC ACHIEVEMENT



COMMUNITY



ARTS & PHYSICAL EDUCATION



PYP

# Bradley International School

Physical Education Newsletter  
Spring 2018

Physical Education Teacher: *Mr. Hoffer*

## Physical Education Curriculum

**Fitness:** The students in grades 3<sup>rd</sup> - 5<sup>th</sup> are continuing to use Polar Gofits as a different way to help monitor and understand fitness levels and heart healthy zones. The students are physically active and curious as soon as they enter the gym. This helps the students with fitness and conditioning as well as staying focused. These activities vary from muscle building techniques, stretching, cardiovascular fitness to dance. The primary grades participate in similar activities, but do not use the Gofits.

**Skills/Sports/Activities:** The focus the last couple of months has been on basketball skills as well as learning dance and rhythms in exercise. However, the BIG activity is learning about the Winter Olympic activities. The Winter Olympics happen every 4 years, so students in 2<sup>nd</sup> through 5<sup>th</sup> grade will not get to do this again unless they are skilled and dedicated enough to be Olympic Athletes themselves. I don't usually advocate watching TV, but I encouraged the students to watch as many Winter Olympic events as possible!! The next opportunity for Olympic learning will be in 2020 for the Summer Olympics. Also, jump rope is taught not just as a fun activity, but how it relates to movement, and other areas of sports, dance, coordination and rhythm.

**Gymnastics:** The next area of focus will be gymnastics. My goal is to make sure that ALL students are introduced to basic skills and balancing techniques while coordinating their bodies to achieve certain goals. There will be plenty of experienced students to help as demonstrators and peer teachers.

**Dance:** In conjunction with Valentine's Day, students learned to perform "The Cupid Shuffle." Students were encouraged to be creative with their moves and understand how the beat and rhythm affect how they move. Along with this dance, new Zumba dances for fitness and rhythm were also introduced. I also like to incorporate the "new songs" that kids listen to and create dances to them. The main focus for dance besides the lifelong fitness is first and foremost, FUN!



## PYP: Kids Taking Action!

**Jump Rope For Heart is now underway!** Last year Bradley students raised more money than ever. What a great way to help the American Heart Association and those who have heart problems. Please help your child with this great fundraising opportunity.

The 5<sup>th</sup> grade Unit, "Who We Are" and the central idea: how lifestyle choices affect us now and in the future is a common theme of what ALL students will be focusing as lifelong activities, nutrition and health concepts. For a more in-depth look at this year's JRFH, check out the You Tube video with the link is below. <https://www.youtube.com/watch?v=FhXqEmR7DYA&t=5s>



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



**Other Announcements:** Cupstacking, jump bands and Tabata will be introduced to the students over the next trimester. These may possibly be the most exciting things that your child will do all year. We will also do Drums Alive, which is an activity that combines upper and lower body conditioning, dance, rhythm and fun.

I will also be leading a Cupstacking club for 3<sup>rd</sup> -5<sup>th</sup> 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 to come soon!