



IB

ACADEMIC ACHIEVEMENT

COMMUNITY ARTS & PHYSICAL EDUCATION

PYP

Physical Education Bradley International School Newsletter Spring 2020

Physical Education Teacher: Mr. Hoffer

Physical Education Curriculum

Fitness: The students in grades 3-5 are continuing to use Polar Gofits as a different way to help monitor and understand fitness levels and heart healthy zones. This gets the students physically active and curious as soon as they enter the gym. 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. The HEART takes center stage this next month as we kicked off The Kids Heart Challenge on February 13th (formerly Jump Rope for Heart). This event will end on March 18th.

Skills/Sports/Activities: The focus the last couple of months has been on basketball skills as well as practicing dance and rhythms in exercise. Students are also practicing jumping rope. It 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: Our next area of focus is Gymnastics. We already have some great gymnasts at Bradley. Our goal is to make sure that ALL students are introduced to basic skills and balancing techniques while coordinating their bodies to achieve certain goals. We have plenty of experienced students to help as demonstrators and peer teachers. I have developed some challenging activities for the students to help with coordination and strength building. We will learn to strengthen muscles that are associated with gymnastics.

Dance: For Valentine's Day, students learn The Cupid Shuffle dance. This year, we displayed the dance inside on Valentine's Day. The students had fun showing their moves to all their friends! I like to encourage students to be creative with their moves and understand how the beat and rhythm affect movement. Along with this dance, I have introduced new Zumba dances for fitness and rhythm. I also like to incorporate the "popular" songs that kids listen to and create dances to those songs. Of course, another main focus for dance, besides lifelong fitness, is first and foremost, FUN!



PYP: Kids Taking Action!

The Kids Heart Challenge (formerly Jump Rope for Heart) is now underway. Last year, Bradley students raised more money than ever! This year our goal is \$10,000. What a great way to help the American Heart Association and everyone who has heart problems. Please help your child with this great fundraising opportunity. 5th grade is also creating a Cardiovascular game to help promote heart awareness. This game will be shared with all students once it has been perfected☺. The game will be fun and informative!!



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 will begin in March and go through April. This is a great activity to help with hand and eye coordination and speed, as well as activating the brain. I will also be leading a Cupstacking club for 3rd-5th in the mornings from 8:00-8:30am during state assessments (CMAS). This is a great activity will help alleviate stress in students and prepare them for their long testing days. Most importantly, they will have fun connecting both sides of their brains! More information to come.*