



St. Martin of Tours Academy Physical Education Newsletter Fall 2015

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. -Vince Lombardi

Dear Parents,

What an absolute joy it has been so far this school year to work with all of your fabulous children. We do thank you for your continued support of the Physical Education program and in the success of your child's life here at St. Martin of Tours Academy.

Our goal is to not only help your child enjoy Physical Education, but to develop an appreciation for lifelong health and wellness.

Here is a look at the curriculum that your child is experiencing . . .

Curriculum for Grades K-3 Physical Education

- Students have been exposed to activities that develop and reinforce their basic locomotor skills such as walking, running, skipping, hopping, galloping and sliding.
 - Students have been exposed to games that reinforce important movement skills such as tagging, dodging, balancing and being able to cross the mid-line.
 - Students have been instructed on how to throw and catch objects while in a static and dynamic position.
 - Students have been challenged to run laps without stopping to increase their cardiovascular endurance.
 - Students warm up for activity using a variety of dynamic stretches. This correlates with being able to identify different parts of their body.
 - In conjunction with interactive games and skills, students have been exposed to the components of sportsmanship, citizenship and social interaction.
- SLEs: 1b, 2a, 4b*

Curriculum for Grades 4-8 Physical Education

- Students have reinforced basic locomotor skills through individual and team skills.
 - Students have increased their knowledge and technique in volleyball.
 - The students have been able to apply their skills of serving, bumping, setting and spiking to game-like situations
 - Students have also been working on catching and throwing a football, both on the move and stationary
 - Students will be able to apply these basic football skills to game-like situations.
 - For grades 6-8, students have been able to monitor their progress and growth through the use of pedometers during each class period.
 - In conjunction with interactive games and skills, students have been exposed to the components of sportsmanship, citizenship and social interaction.
- SLEs: 2f, 3a, 4d, 5b*

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Physical Fitness

- Grades 5 & 6: Students run the mile at least once a month.
- Grades 7 & 8: Students run the mile once a week.
- Students are always encouraged to participate in the weekly “Fun Run” on Tuesdays and Thursdays

Physical Fitness and Health Websites:

www.choosemyplate.gov

www.fitnessgram.net

www.standupandeat.org

<http://walking.about.com/>

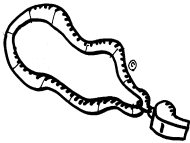


Recommendations for Class

- To prevent injuries, it is important that students wear proper “outside-play shoes”.
- To stay hydrated and perform at their highest ability, we recommend that students bring a water bottle each day.
- Please make sure that your child has a solid breakfast and lunch on the days they have P.E.
- Sunscreen is also recommended.
- It is expected that all students in grades 6-8 will bring their pedometer to **every** P.E. class. This is a requirement for class.
- If your child will not be participating in P.E., please inform us in writing so the appropriate accommodations can be made.
- A valid Doctor’s note is required if your child will need to be excused for more than 5 days.

For any questions or concerns, please feel free to contact us.

Sincerely,



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