

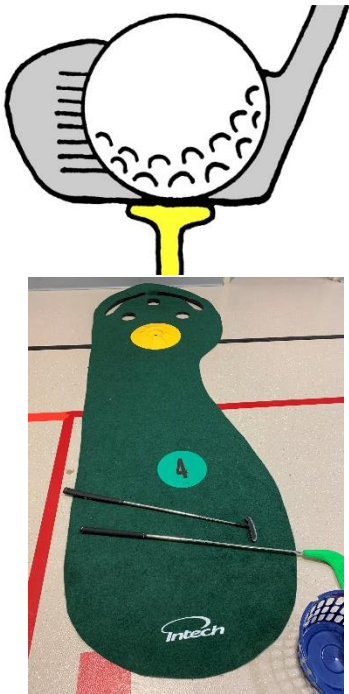


# February Fitness Newsletter 2020

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## ENGAGE YOUR CHILD ABOUT THEIR SCHOOL DAY ASK THESE QUESTIONS ABOUT PE & LEARNING

### All Grades

1. What was your favorite golf station?
2. Where do we wait our turn? Behind the person putting the ball or behind the cone and why?
3. What is reported on your report card for PE, Music or library, Achievement or EFFORT?

### K-2<sup>nd</sup>

Describe one of these three games: Pounds & Puppies Tag, Line Tag, or Batman Robin Tag

### 3<sup>rd</sup>-5<sup>th</sup> grade

1. How does your team “go out” in Omnikin 4 square

## ANSWERS

### All Grades

1. Answers will vary but there were 8 golf stations with various obstacles
2. Students must wait their turn behind the cone so they don't accidentally get hit by a person using the golf putter.
3. In PE, Music, and Library only an [EFFORT grade](#) is given for the report card. The EFFORT rubric was sent home at conference time. Here is the link to the definition of [EFFORT](#) for PE, Music, & Library in LWS D.

### K-2<sup>nd</sup>

Pounds & Puppies has 4 bases and 4 people who are it called “Dog Catchers. If you're tagged you go to the Dog Pound. Batman Robin Tag has two people it, Batman/girl & Robin. There are no bases. If you're tagged you are frozen and only the secret joker can un-tag you. Line Tag has two people it, and you can only run on lines. If you're tagged you become a road block that no one can run around. You are also a road block if you run around a road block, another person, or you jump a line. Taggers have to stay on the lines too.

### 3<sup>rd</sup>-5<sup>th</sup> grade

Your team goes out if you don't let the ball bounce 1<sup>st</sup> in your square, if you hit the ball with only one hand versus two, you hit the ball on a line or out of bounds, etc....

## UPCOMING EVENTS AND IMPORTANT DATES

EVENT	DATE & TIME
No School: Presidents' Holiday	Thursday-Monday: Feb. 13-17 <sup>th</sup> , 2020

# I Know Where I'm Going Because I Know What I'm Learning

**FEBRUARY**

**LEARNING TARGETS**



## Kindergarten-2<sup>nd</sup> Grade

More Games using throwing/catching including [Frogs, Toads & Fish](#), [Garbage Can](#), and [Space Invaders](#). (These games can be found as videos on YouTube.)

## 2<sup>nd</sup>-5<sup>th</sup> Grade

Omnikin Ball Games



## All Grades

2<sup>nd</sup> Timed Run (Cardio Fitness)

## Badminton & Racket sports

I can hit an object, with control, with a paddle or racket to myself

I can hit an object, with control, with a paddle or racket to a partner

I can hit an object, with control, with a paddle or racket to a partner on the other side of the net

## 3<sup>rd</sup>-5<sup>th</sup> grade

I can demonstrate offense and defense strategies in modified badminton games



One of the Golf Obstacles

Omnikin 4 Square  
In Ms. Hale's Class

