

Nixon Physical Education

December 2007

Kindergarten to 2nd grade

A big part of the class has been on ball skills. The kids worked on various manipulative activities using different kinds of material. For example, they did some tossing using a koosh ball, catching with both then only one hand. They dribbled with their hands (rubber ball), used paddles with balloons, played catch and did games involving throwing skills (foam balls).

We also did running in tag games and relays with movement patterns such as lines, and zig zags. Both work on cardiorespiratory endurance, spatial awareness, and coordination.

Individual and long/group jump ropes were used to work on coordination and locomotion skills. Jump ropes can be difficult at first but the kids get a great feeling of achievement when they manage several consecutive jumps. The long jump ropes also demand cooperation between the kids in order to succeed.



Third to fifth grade

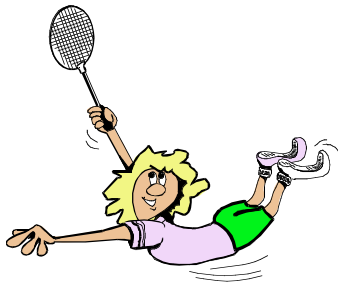
We completed our first 12 minutes run of the year. For the 3rd graders, it was the longest distance most had ever ran. They did a great job and should be proud of the distance covered in the given time. The students will work on improving their own performance at the next 12 minutes run in

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the spring and in the coming years.

Along with some favorite group games, we did running games and talked about what happens to the heart when the level of activity increases. We also spent a couple of classes on racquet sports, mostly badminton and paddle ball. The kids really enjoy badminton and their skills improved quickly.



I started using a game called Tchoukball last year. It is similar to team handball in many ways but utilizes 2 rebounders and does not allow contacts or interference between players. Passing, catching and positioning skills are required. It helps develop concentration, teamwork, and physical fitness. The third graders were introduced to it this year and 4th-5th graders added to what we started last year. The kids enjoyed this new game. For more information, consult the U.S.A. tchoukball website at www.tchoukball.net.

Wellness

There is a lot of talk about childhood obesity these days. Remember that it's important for everyone to balance the energy intake (food) with the energy expended (exercise). Children need to exercise at least ONE HOUR EVERY DAY! It doesn't have to be organized sports. Shooting hoops in the driveway, pushing the lawn mower, raking leaves, playing tag with friends, shoveling snow, it all counts. So, go out and have some fun!

