

Dear Parents,

November, 2009

The first trimester has come and gone. I imagine it is hard to believe your kindergartener has begun what will be their routine for several more years to come. It has been a joy to work with your little ones. Thank you for sending such delightful children and also thank you for your support in having them ready in the gym shoes on their gym days.

When the boys and girls enter the gym they are so eager to learn and participate. The gym is a very busy place needless to say. Here are some of the things we have been working on so that can reinforce these skills at home as well as talk about what we have been doing.

We started the year by learning about “personal and open space”, and worked on perfecting our locomotors. We played a very popular game called “scare crow tag” that enforces many of these skills. We learned how to throw overhand using the correct throwing technique and played many overhand throwing games using different types of targets. They love to play this game!!! It teaches more than throwing which is very important. (boundaries, teamwork, etc)

We then worked on kicking skills using the inside of our feet to dribble, kick, and control the ball. We were able to get outside a couple of times to practice as well. I remind the boys and girls it is important to use both the right and left feet when kicking, not just the comfortable kicking foot. This practice will make them stronger in the future. We added punting for fun and enjoyed trying out this new skill too.

The boys and girls then learned how to roll underhand and distinguish between over hand throwing and underhand rolling body positions. Many bowling games were played as well as a few new games to enforce this skill.

We ended our trimester by practicing our basketball skills, dribbling with both right and left hands, and shooting. We played many basketball games; however one your child may mention is “octopus”. This is a game of dribbling practice with pressure from the “octopus”, which tries to knock or grab the ball. We learned a chant when we learned shooting. It goes like this; “Check your feet, Check your knees, Check your hands, SUPERMAN!!!” The boys and girls love to shout this out as they practice correct shooting form!!

It is important to remember that in Physical Education we continue to revisit skills all the time. Practice is very important. Any extra practice at home is always encouraged as well as any extra curricular activities that the community offers is always valuable.

I have enclosed some articles for reading about family fitness and keeping your child active. Be reminded that role modeling is most important and as a parent we must encourage our children to be active and eat healthy. I tell the boys and girls their homework for gym class is “EXERCISE”! Exercise is fun and can be accomplished in so many ways, from riding bikes to walking with Mom or Dad. Please encourage your little one; it will benefit them a lifetime! Also, I would like to add that any extra help, time, and encouragement that you can give to your child in regard to learning to tie shoes is a big plus. You will be surprised how easily they can learn. You will also love the benefit it brings. Make shoe tying a game and have fun teaching them the skill of tying, they are so proud once they learn.

On a final note, thank you to all of you who were able to attend our Kindergarten gym night in October. It was such fun to watch you with your child and I know they loved exercising with you.

Feel free to contact me anytime at lmmany@lions.dist57.orf or by calling school.

Sincerely,

Mrs. Lori Many

