



## **PHYSICAL EDUCATION FEBRUARY/MARCH**

Currently our physical education classes are learning about volleyball. 4<sup>th</sup>-6<sup>th</sup> grade are playing a variety of lead up games that focus on volleyball fundamentals. 7<sup>th</sup>-8<sup>th</sup> grade are playing actual games of volleyball. Each class is doing an awesome job!

2<sup>nd</sup> grade and 4<sup>th</sup> grade just finished up a dance unit with music class. Everyone had a great time learning the cupid shuffle, the chicken dance, YMCA, and the Cha-Cha slide. We look forward to combining our music and physical education classes again in the near future.

The 1<sup>st</sup>-3<sup>rd</sup> grade classes have been playing a wide variety of games such as games to increase our aerobic capacity, games to improve throwing and catching, and games to increase overall coordination.

“The mark of true champion is how hard they work when no one is watching.”