

P.E. NEWSLETTER

Teamwork & Gratitude

MUSCLE OF THE MONTH HEART

The heart is about the size of a fist and has so many powerful jobs. It pumps blood and gives our body the energy to move. It is the muscle that does the most physical work in our body.

As we move around the room and breathe, we have our heart to thank for the help!

GOALS FOR HOME

Teach someone the difference between underhand throw, overhand throw and a chest pass.

GOAL CHALLENGES

1. Chest pass and catch with another person, see how far you can be from one another!
2. Think of a GROW for this month. How can I grow and improve?
3. Think of a GLOW for this month. What is something I am doing well?

This Month's Prop: Hula Hoops & Balls

As Thanksgiving approaches we spend a lot of time thinking about what we are **grateful** for, our warmup game for the month is **Harvest Tag**— this involves using gratitude and speed. In November we will be strengthening **teamwork** skills with different team building activities. We are improving our throwing and catching skills from October by expanding into **chest passing**.

November Activities

Lower Elementary: Four Square Hula Hoop

- Our kids will develop stronger cores while holding a plank to defend their hula hoop zone. Students will have their own hula hoop connected to their peers and will have to toss bean bags out of their hoops into other's. They will work with partners to strategize and develop skills to share with peers. They will discover creative solutions to throwing and catching in this activity with their partner.

Upper Elementary: Builders & Bulldozers

- Our kids will be learning a new game that encourages teamwork and chest-pass skill development. Every group of 4 will have a hula hoop they must defend from the bean bags, these are the "Builders". The "Bulldozers" must remove one bean bag at a time from their hoop and place it into an opponents hoop. The team with the least amount of bean bags win that round. Our past manipulative skills will be put to the test as challenges arise.

