

October 2015

# Physical Education Family Newsletter



## Curriculum News from our Classes

### Middle School PE

Hello Parents! We are looking forward to a great year of fun and sports! In our middle school classes, we have begun our first unit of study with soccer. Students will learn how to properly execute technique for passing, shooting, kicking, and throw-ins. They will learn the basic rules of the game and implement team strategy. Students are encouraged at all times to display teamwork and cooperation while having fun. The culminate performance task for this unit is to demonstrate proper technique of the skills listed above as well as rehearse the basic game rules. One way in which you can support your child at home is by making sure they are prepared

for PE class every day. Due to the weather cooling down, make sure to dress appropriately for the chill in the air as we dive further into fall and winter.

### High School PE

Hello Parents! We at the high school level have begun our first units of either wiffle ball or flag football. In the wiffle ball unit, students will demonstrate proper technique during game play for batting, catching, and throwing. They will formulate team strategy for both fielding and batting positions. In flag football, the students will demonstrate proper technique during game play for catching and throwing. They will devise plays and execute those plays de-

pendent on their offensive or defensive strategy. At the end of the flag football unit, we will hold a flag football tournament to increase competitiveness amongst our classes. One way you can support your child at home is by making sure they are prepared for PE class every day. As always, being prepared in the correct clothing (RKA T-shirt, athletic pants/shorts, and sneakers) is mandatory along with participation.

### All Levels Physical Education

FITNESSGRAM testing will carry on throughout the first semester on days suited fit. The FITNESSGRAM tests consist of the Pacer, sit and reach, curl up, push up, and

## IMPORTANT DATES

BASKETBALL TRYOUTS -OCTOBER 19TH AND 20TH.

CHEERLEADING TRYOUTS- OCTOBER 7TH, 8TH, AND 9TH.

