



Curriculum News: PE and Health

Ray Cardenas, Physical Education and Health Instructor

What We Have Been Working On:

Adolescent Group:

The Adolescent Group has completed their wellness walking unit. During this unit we have walked for a total of about 30 miles! At first, we were not quite meeting our goal of two miles per walk, but as time went on, we began to exceed our goal.

Once the girls completed the wellness walking unit, they began the Change-A-Game assignment. For this assignment, the girls had to change a game or activity, or they could create a whole new game. Some students chose to blend the rules of multiple games, modify equipment used for games, or create a new game altogether. The girls were given two days to develop a game including a name, rules, objective, and equipment necessary. They transferred this onto construction paper for them to use it while they presented their game to the class. I enjoyed seeing how creative the students were during this assignment.

When we come back after break, the weather still may not cooperate at all times. With that being said, we will focus on teambuilding, fitness, and rhythmic activities during the next portion of the school year. I am excited to get back for the second half of the school year!



A few of the girls after participating in R.J's game "Slender Hunt".

Upper Elementary:

Upper Elementary has finished the Change-A Game assignment. I could not believe the effort and creativeness put into their games! The assignment was for each student to develop a game that was unique. Some students blended elements of different games to create a new game, others modified rules and equipment of current games, while some decided to create a whole new game altogether. The finished product of these games was outstanding! The students really displayed their creative abilities. Students presented their games to the class and all had a chance to be the teacher for the day.

We played different games such as Hitball, Ballbreak, Capture the Flags, Frizzball, and many others! As we approach the second half of the school year, Upper Elementary will focus most of its Physical Education time to teambuilding, fitness, and rhythmic activities. I am excited to get back and hear how the holidays were for everybody!



The class participating in a modified version of capture the flag to kick off our Change-A-Game assignment.

Lower Elementary:

Lower Elementary has improved their catching skills tremendously from when we first began practicing. It is great to see students transitioning from “hugging” the ball in order to catch it, to using their hands to catch the ball. Lower Elementary has really enjoyed playing a catching game called Jailball in order to practice their skills. They seem to always request that game!

Lower Elementary had many opportunities to enjoy the snow. Some students attempted to build the biggest snowball, while others worked together to create awesome snowmen. As we get into the second half of the school year, the students will focus their efforts into moving rhythmically and teambuilding activities. I am anxious to see what the second half of the school year brings!



A couple members of Lower El working together to build a snowman!

Primary:

Primary has worked very hard to master catching. We have participated in multiple games and activities in order to develop catching skills such as Jailball, Trick Catch Challenge, Partner Catching, Self Catching, and Freezamania.

The students also enjoyed the snow we have been getting. They were given some time to enjoy the snow. We even had the opportunity to go sledding a few times!

As the second half of the school year approaches, we will continue to develop our catching abilities. We will then transition into rhythmic activities and teambuilding. I cannot wait to hear the stories the students have about their holiday experience.



Primary's finished snowman after some time to enjoy the snow.

Health Education

4th Grade:

This group is beginning to wrap up their Safety and Injury Prevention unit. We have most recently discussed natural disasters such as tornadoes, hurricanes, floods, electrical storms, and others. Students know what to do in these types of situations. They also know what type of items need to be in an emergency supply kit. Ask them about it! We have begun to discuss issues of motor vehicle safety such as seatbelts and where to sit in a vehicle. We are approaching completion of the Safety and Injury Prevention unit.

5th Grade:

In 5th grade, we are continuing our Alcohol, Tobacco, and Other Drugs unit. Now that we have differentiated good drugs and bad drugs, we are learning about alcohol. The students now have an understanding of how alcohol can harm each of our body systems. To end the alcohol portion of this unit, students participated in role playing to say no to alcohol in different situations. Next we will dive into tobacco. With tobacco, I have many activities planned to help see how it can harm our bodies.

Adolescent Group:

The Adolescent Group has begun the Alcohol, Tobacco, and Other Drugs unit. We have discussed alcohol in terms of most common types, blood alcohol content, what happens at certain levels of BAC, and how alcohol harms each body system. Next, we will begin the tobacco portion of this unit. I have many activities plan to help the girls see the ways that tobacco harms a person.