



Montessori
Academy

Celebrating 40 Years of Educational Excellence

Curriculum News: PE and Health

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What We Have Been Working On:

Adolescent Group:

Oh how the time has flown by! The Adolescent group has been a pleasure to work with this year. During May, we completed our fishing unit. In this unit, students learned to tie knots, learned about different kinds of reels, how to configure their reels, selecting fishing spots, and all about lures. Even though we did not have much luck, I think the girls took a lot away from the unit. I had a very good time with the girls over the course of the year.



An Adolescent during our fishing unit.

Upper Elementary:

This year went by extremely fast! The Upper Elementary students had a blast in our fishing unit. They learned how to tie knots, learned about different kinds of reels, how to configure their reels, selecting fishing spots, and all about lures. The students had quite a few bites, but were unable to bring a fish to shore. Regardless, the students learned a lot and had fun doing it! This group was a pleasure to teach over the course of the year.



An Upper Elementary students having a blast during our fishing unit!

Lower Elementary:

Lower Elementary has been working hard to develop their striking skills. We have been focusing on striking objects with our hands, feet, and with implements. Along with developing these striking skills, Lower Elementary has been reviewing their rolling, tossing, throwing, catching, and evading skills. This group was a great group of students to start off my day. They were always full of energy and brought a passion for learning to class.



Lower Elementary practicing fielding as well as striking in the game Bat Ball.

Primary:

I thoroughly enjoyed working with the Primary students over the course of the year. Their growth physically, cognitively, and affectively has been outstanding. The Primary students have been working hard to strike and pass objects accurately. We have participated in activities such as bat ball, goalie game, crazy soccer, crab soccer, battlefield, and many others. The students have been a pleasure to work with throughout the year!



Kindergarten participating in an activity called goalie game!

Health Education:

4th Grade:

This group always has a story to share that relates to the topic we are discussing in Health. We wrapped up the year on our Mental and Emotional Health unit.. During this unit, the group students have discussed character, personality, expressing emotions, stress management, coping with loss, and how to be resilient during difficult times.

5th Grade:

In 5th grade, have had many great discussions about our body and how to keep each individual system healthy. The students were very interested in ways to do so, and were eager to point out some activities that some people they know partake in that are not the healthiest choices. We finished our year with our growth and development unit where we discussed the development of the body from birth through adolescence, and the decline in bodily functions from middle to late adulthood. We ended our health units on a talk about puberty where the boys and girls were separated.

Adolescent Group:

The Adolescent Group has had many questions regarding our growth and development unit. Some about their own bodies changing, and others about what happens during adulthood. With that being said, we wrapped up our growth and development unit discussing the body systems, and the cycle of life. We ended this unit with a discussion of the reproduction units, a “sexting” conversation, as well as our sex ed talk.

Side Note:

I want to take the time to thank all of the parents for supporting our mission of providing the best possible educational experience for our students. During my short time in the field of education, I have yet to come across a group of parents who are more supportive than the ones that we have. So parents, thank you for all that you do. I hope that everyone enjoys their summer! (Hopefully it does not fly by as quick as the school year has!)

I would also like to announce that I have accepted a position at Algonquin Middle School for next fall. It was wonderful working with your children and I honestly feel that they have taught me just as much, if not more, as I have taught them. Fortunately, I will still be around to conduct the Elementary Summer Camp. Again, I want to thank all the parents, and the students, for helping make my experience at Montessori Academy one that I will remember forever.

- Mr. Ray