



# Physical Education: 2nd Nine Weeks Overview



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## *First & Second Graders*

During the second nine weeks the first & second graders bowled, played basketball, and learned cup stacking. During the bowling unit we were learning how to step with our opposite foot, bend our front knee and roll the ball at the head pin. We started off with 1 pin, progressed to 3, 6 and finally 10 pins. During the basketball unit we worked on controlling the ball with our fingertips, dribbling with two hands, holding the ball against our chest and stepping while passing to a partner, and finally we played some shooting games. We learned, played, and competed during our cup stacking unit. Cup Stacking is an exciting individual and team sport where competitors up and down stack 12 specially designed cups in predetermined sequences at lightning speed.

For the second nine weeks our Skill assessment was based on the students ability step with the opposite foot while rolling a ball for bowling, being able to demonstrate the chest pass and dribbling in basketball and how they controlled their body during the varied fitness components and using both hands while performing the six stack in cup stacking. During the third nine weeks we will work on volleyball, throwing & catching, and our heart obstacle course.

Congratulations to everyone who has been participating in our morning cup stacking clubs in the gym every morning from 7:30-7:45. Our Heart Healthy Run will be Wednesday, February 14<sup>th</sup> from 2:45-3:30, mark your calendars.

If you ever have any questions, concerns, or *praise* please feel free to email Mr. Eric.Turrill@lcps.org or Mr. Christopher.Lose@lcps.org or call us at school (540) 751-2450, plus please check out the Physical Education bulletin board outside the cafeteria for information. Sign up for our Twitter @RHEPE1

## *Third, Fourth, & Fifth Graders*

During the second nine weeks the third, fourth, & fifth graders bowled, played basketball, learned cup stacking and worked on fitness components. During the bowling unit we were learning how to step with our opposite foot during the three step approach and roll the ball at the head pin. We started off with 1 pin, progressed to 3, 6 and finally 10 pins. During the basketball unit we worked on controlling the ball with our fingertips, proper shooting and passing technique, how to function in a game of 3 on 3 and we played some shooting games ( ie. Around the World, B-E-A-R, and Knockout). We learned, played, and competed during our cup stacking unit. Cup Stacking is an exciting individual and team sport where competitors up and down stack 12 specially designed cups in predetermined sequences at lightning speed. You truly have to see it to believe it.

For the second nine weeks our Skill assessment was based on: 1) The students ability step with the opposite foot while rolling a ball for bowling, 2) Being able to demonstrate control while dribbling a basketball, 3) How to function in a game of 3 on 3 offensively and defensively, and 4) Using both hands in performing the 6 stack in Cup Stacking. During the third nine weeks we will work on volleyball, handball, noodle hockey, and our heart obstacle course.

Congratulations to everyone who has been participating in our morning cup stacking clubs in the gym every morning from 7:30-7:45. Our Heart Healthy Run will be Wednesday, February 14<sup>th</sup> from 2:45-3:30, & the fifth grade Sportsmanship Day Handball Tournament will be on Saturday, March 9<sup>th</sup> from 9:00-12:30 at Lovettsville Elementary, mark your calendars.

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