

Wellness

Mrs. Sadowski & Ms. Sinacori

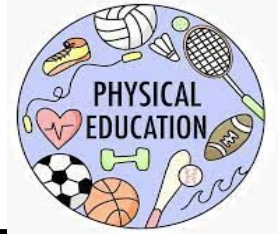


Physical Education



- ❖ Expose students to a variety of activities, and empower them to participate throughout the course of their life.
- ❖ Transfer knowledge learned in P.E. to family, friends, and the community.
- ❖ Discuss the importance of eating nutritious foods on a daily basis.
- ❖ Develop skills to communicate and work cooperatively with those around them.

Primary Physical Education Curriculum



- Locomotor Movements / General Space
- Cooperative Games
- Soccer
- Throwing & Catching
- Volleying
- Bowling
- Basketball Skills
- Tag Games

- Dance & Rhythmic Activities
- Tennis Skills
- Noodle Hockey
- Jump “rope”
- Football Skills
- Striking & Fielding
- Transitional Themes & Culminating Tasks
- Field Day Skills

Sleep & Water Recommendations

Sleep - Ages 6-12

9-12 hours



Water

5 years old - 5 oz.

6 years old - 6 oz.

7 years old - 7 oz.



Activities for the Family

BINGO

Healthy Heart Bingo

Grocery Scavenger Hunt

Nature Scavenger Hunt



Activities For the Family Cont.

State Parks Checklist

Family Walking Log

Spring Into Fitness



Noticings

Stepping in opposition



Favorite vs. non-favorite



Questions / Wonderings?

