



St. Martin of Tours Academy
Physical Education Newsletter
Spring 2010

Dear Parents,

What an absolute joy it has been so far this school year to work with all of your fabulous children. To see any type of growth, whether in activities or life skills, is a true success in their development towards being remarkable individuals. I do thank you for your continued support in the Physical Education program and in the success of your child's life here at St. Martin of Tours Academy.

Curriculum for K-3 Physical Education:

- Students have been exposed to games that develop and improve their basic locomotor skills such as running, walking, skipping, galloping, hopping and jumping. Some of the games that reinforce these skills are Sharks and Minnows, Standers & Sitters (Bob the Builder and the Bulldozers) and Pac-Man, just to name a few.
- Students have been working on their manipulative skills which include tossing, kicking, bouncing and dribbling. These skills are reinforced through relays, drills and games.
- Students have been taught the importance of a balanced diet in compliance with the food nutrition pyramid. They have also been educated on the significance of maintaining strong organs through vigorous exercise and a healthy diet.
- In conjunction with interactive games and skills, students have been exposed to the components of sportsmanship, citizenship and social interaction.

SLE: 2a, 2f, 3b, 4b

Useful Physical Education sites:

www.mypyramid.gov

www.americanheart.org

www.standupandeat.org

www.cooperinstitute.org/ourkidshealth/index.cfm

Curriculum for 4-8 Physical Education:

- Students have been improving their manipulative skills which include tossing, kicking, bouncing, dribbling and striking. Students have been able to apply their basic locomotor and manipulative skills to team sports such as volleyball, ultimate ball/frisbee and basketball.
- Students have been educated on physical fitness and health components which include endurance, strength and hygiene and how they all are linked to cardio-respiratory fitness.
- Students have been exposed to the components of sportsmanship, citizenship and social interaction throughout their activities.
- Grades 5-8: In conjunction with their knowledge on cardio-respiratory fitness, students have been working to improve their individual scores in sit-ups, push-ups and the mile run.

SLE: 2c, 2f, 3c, 4d

Useful Physical Education sites:

www.mypyramid.gov

www.americanheart.org

www.fitnessgram.net

www.standupandeat.org

Recommended Suggestions for class:

1) Bring a water bottle each day 2) Wear “outside-play” shoes 3) Sunscreen

Please send a note if your child is unable to participate in P.E.

**For any questions or concerns, please feel free to contact me
and I will get back to you as soon as possible.**

Together, we can make this a safe and fun year for everyone.

Sincerely,

Coach Mike Mains

*Continuous improvement is better than delayed perfection” -Mark Twain