



Lyncourt School

February Issue

Lyncourt School PE Newsletter

Pre K and Kindergarten

This month, we started with stations to review throwing and catching skills. Students had the chance to practice skills with a partner, as well as individual practice.

We then worked on a cooperative activity of builders and bulldozers. Students really got a kick out of this game. It was great to see them working with their peers.

We ended the month with developing our rolling skills. We practiced rolling to a partner and making sure to focus on keeping the ball on the ground. We ended the unit with bowling and students were very excited when they knocked down the pins.

We are looking forward to what March will bring!

4th and 5th Grade

Students learned all about cooperation to start off February. They completed a number of cooperative challenges with small groups, as well as large group activities. They realized that if they could not communicate, help others, and work together, the tasks would not be completed. It was great to see them accomplish tasks and see how proud they were of themselves.

The skills developed in our cooperative unit carried over to capture the flag. Students utilized skills from the previous unit to help make their team successful.

We rolled into bowling to end the month. Students did a great job with this unit with some even mastering the three step approach. When a student got a strike, their whole lane would cheer. It was great to see the support they gave each other.

1st, 2nd, and 3rd Grade

FOUR... golf was the unit that kicked February off. Students had the opportunity to work on putting and chipping. It was great to see the effort students put into the unit, it can be a more challenging activity to start, but they never gave up!

Next, we worked on capture the flag. This game involves teamwork, and students really worked hard to be solid team players. They saw the importance of offense and defense in this game, and with each game, became more strategic.

It was all strikes to end the month, as we worked through our bowling unit. Students learned how to keep score on the iPads, and really cheered on their group members. Students earned tiger paws throughout the unit for strikes and spares. Even with bowling being a lower key lifetime activity, students really got excited to play!

Middle School

They shoot, they score!!! This month was all about working with your team to make the winning shot. We played pillow polo, scooter hockey, and floor hockey.

Students saw the importance of staying spread out on the floor and not clumping together. When they were too close together, they found it difficult to move the ball or puck. When they were spread out on the floor and communicated they were able to take solid shots on goal and found much more success.

Wellness Wisdom

February is national **heart** month!

Here are four things you can do that are good for your heart.

1. Exercise
2. Get enough sleep
3. Eat more fruits
4. Work to reduce stress

Brought to you by the Wellness Committee