



Lyncourt School PE Newsletter

Pre K and Kindergarten

When you ask these two groups "who is ready for a challenge?" You will see hands in the air and students calling out "me, me, me." We reviewed locomotor movements in challenges, by calling groups of students to the line and challenging them to show their best skips, gallops, hops, shuffles, and so much more from one end of the gym and back.

They were also given challenges on scooters. They were shown a way to ride on the scooter, and then they got the chance to try the length of the gym. Some were easier than others, but students were ready for it!

We then ended the month with review stations. This gives students the chance to revisit skills and increase their confidence in activities we have learned throughout the year.

4th and 5th Grade

Together Everyone Achieves More! This is very true for our large group games unit. Students had to work with their team to accomplish a task. In castle ball, they had to work to throw balls at the other team's castle while protecting their own. If one fell, they had to work fast to rebuild it. In video game, they had to work to complete each level to reach the end of the game by throwing balls at various targets and then make a basket in the end. In capture the flag, they had to capture all four of the other team's flags, while guarding their own. As the school year has gone on, we are noticing students doing a better job of working as a team. This is great to see and we hope it continues.

1st, 2nd, and 3rd Grade

There is no I in TEAM! Students did a great job working with their classmates and even students from the other class to complete the task at hand. They played castle ball, video game, and capture the flag. All three of these games require full team effort. One person cannot win the game on their own; they need all hands on deck. Once students realized this, they were more successful!

We then did a basketball unit, which in the past we have not done at these grade levels. Students did a very nice job stepping up to the challenge! We worked on ball handling skills, passing, and ended with shooting. It was great to see how enthusiastic students were throughout the unit!

We ended the month with review stations including the Rockwall, scooters, Frisbees and so much more.

Middle School

It's going, going, gone, HOMERUN. The students started the month playing baseball and getting a better understanding of not only the skills, but the rules and strategies as well. They really stepped up to the plate in this unit, and improved their skills.

The end of the month, we transitioned into Ultimate Frisbee. We started with basic throwing and catching with the Frisbee to make sure students had those skills. Once they had the chance to review, we got into game play. Each class the students picked up the intensity and games became more fast pace.

Wellness Wisdom

Spring into fitness this May

Take a walk

Go for a bike ride

Play at the park

Play outside

Go swimming

Go on a hike

Do yard work

Brought to you by the Wellness Committee