

# BLESSED SACRAMENT SCHOOL

## PHYSICAL EDUCATION

### NEWSLETTER- 3rd Quarter

I am pleased to say we just wrapped up an incredible winter themed unit while encompassing the grade level outcomes(Mass.PE Standards). With our limited indoor active space and inclement weather, the lessons are not always in sequential order. The kiddos don't mind it because they may do different activities each class therefore they may be addressing a different standard. There are some activities we can do in the parish center but not outside and vice versa. As long as we keep moving forward as a team(teacher/students), they are developing their movement skills, health and skill related fitness levels, physical education and wellness vocabulary.

We just started our striking unit with implements(pillow polo sticks) and hopefully finishing up outside with volleyball, pickleball, badminton.(3rd-8th) Of course these lessons will look different according to grade level. The 3's-2nd will continue to work on manipulative skills and a surprise unit!!!! I am so excited to bring this unit to BSS. I taught it in Northampton as well as in Holyoke.

According to the American Heart Association a child should be getting 60 minutes of exercise a day to help maintain good health. With the good weather now, have you kiddos help with spring clean up inside or out, play outside or any activity that includes an elevation of their heart rate.

Happy Spring!

Keep Moving My Friends,

Mrs. Flaherty

BSS PE