

PHYSICAL EDUCATION NEWS

March PE News

K-2 finished jumping and landing in various patterns while using jump ropes, aerobic steps, and brought back a classic game of HOPSCOTCH! In April, we will begin striking and kicking skills with a variety of objects and implements. Students will focus on how effort and practice improve performance.

Grades 3-5 finished their creative dance unit culminating in a performance for the entire...class 😊 Students worked hard to create a unique dance sequence and learned how to be a polite audience during the performances.

In April, we will begin striking various objects using implements (rackets, bats, etc...) and begin to learn about the FITT principle.

March is Women history month. We will learn about women athletes who make a difference.

If you need to contact me you may call the school 240-740-6190 [or email me](#). You can also follow me on Twitter @jansson_chris.