
★ News From the Gym ★

November 2008

Fall Walk

The fall walk was a huge success, and we had a beautiful day. Thanks to all the parents that walked with the classes. A special thank you to Miss L for organizing the event.



2nd Quarter

Below is a list of skills that we will be working on for this quarter. We will also be practicing our fine motor skills with jacks and marbles when we are unable to use the gym.

Volleyball	Aerobics
Basketball	Skating
Gymnastics	Jump Roping

Volunteers

Since I am new this year I am looking for a few parents that have experience with Field Day at Ashurst. If you are interested in helping to organize this event please contact me at your convenience.



Skating

Beginning December 1 and continuing through December 19, we will be roller skating in physical education class. Children who have their own skates or roller blades may bring them to use during this unit. Please make sure that your child's name is on his or her skates. If your child does not have skates, please do not purchase skates just for this class. We have lots of extra skates in all sizes.

Children must wear helmets during skating. I have a few helmets to share, but I would prefer that each child have his/her own helmet. Make sure that your child's name is on the helmet.

Skates and helmets may be left in the classroom during our skating unit so that the children do not have to carry so much back and forth to school. The skates and helmets will be safe in the classroom.

This unit is aimed at cardiovascular fitness and improving coordination and will meet the needs of the experienced skater as well as the student who is just learning to skate. The activity will be well supervised with skill and safety being emphasized.

