

April Newsletter

Badminton

Badminton has become a real hit in the gym over the past few weeks. Students are improving their serving and rallying techniques with every lesson. We will continue to learn the rules of the game and build on our new skills over the next few weeks.

Hampton Elementary has been invited to the Westfield School Badminton Jamboree that is taking place on April 18th at 3:30 pm. HES will be bringing 5 grade five co-ed teams to the meet.

Intramurals

Ball hockey will begin mid-April for grade five students.

HES Ninja Warrior

Do you have what it takes to be the next HES Ninja Warrior? Students will be put to the test later this month as they make their way through numerous obstacles that range in difficulty. As students attempt to complete the entire course, they will be faced with many challenges that require a variety of different skills such as balance, strength, agility and accuracy.

Grade Three March Outcomes

D1: Select and perform locomotor and non-locomotor skills (with and without objects) in simple sequences individually, and with a partner.

D2: Solve movement tasks using given criteria.

D9: Demonstrate ways to send and receive a variety of objects with and without equipment such as a racquet, baseball bat or hockey stick.

K3: Explain ways enjoyment can be obtained by being physically active.

Grade Four and Five March Outcomes

D1: Select and combine locomotor and non-locomotor skills into complex movement sequences individually, with others and with objects.

D5: Demonstrate ways to send and receive an object with increasing accuracy, individually and with others.

D6: Demonstrate ways to send and receive an object with increasing accuracy, using an implement.

K1b: Be able to describe the components of physical fitness.