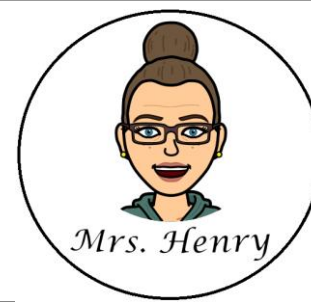


# February

## P.E. Newsletter



### Dancing and Drumming

Did you know that dancing can help improve your overall cardiovascular health? This highly physical activity has many benefits including improvements to coordination, balance, flexibility, endurance, body awareness and physical strength!

This month students will be dancing during P.E. and participating in a new cardio drumming unit. Cardio drumming combines the movement of dance, while also drumming to the beat of the music. Students will be using real drum sticks and exercise balls as their drums.

We will also continue to work on throwing and catching skills, fitness, and selecting appropriate tactics and strategies in a variety of activities and low games.



### Intramurals



February will begin with grade 3 scooter hockey intramurals at lunch recess. Please listen to the morning announcements to find out when your class is playing.

Thank you to all the grade 5 Sport Leaders that have been dedicating their time to help with intramurals and open gym!

#### "I Can" Statements for February

##### Grade 2

- I can move to a variety of sound cues.
- I can move to a beat.
- I can follow dance steps and movement patterns.
- I can throw an object overhand.
- I can catch an object at various levels and different distances with two hands.
- I can control an object by keeping it close to my body moving in various directions.
- I can cooperate with others.

##### Grade 3

- I can follow dance steps.
- I can connect two locomotor skills to a beat or rhythm.
- I can encourage others.
- I can cooperate with others to achieve a common goal or task.
- I can list 4 normal body reactions to moderate to vigorous physical activity.

##### Grade 4

- I can make up my own dance.
- I can put together rhythmical sequences in a variety of social and cultural dances.
- I can connect together two skills in a variety of activity specific contexts.
- I can choose strategies to work effectively with others.
- I can interpret my fitness progress and set goals for improvement.

##### Grade 5

- I can demonstrate fluid transitions between my dance steps.
- I can use appropriate skills with activity specific equipment.
- I can use a combination of skills in a variety of activity specific contexts fluidly.
- I can plan strategies with others to accomplish a common goal.
- I can create my own personal wellness plans.