

Invasion/Territory Games (Grades 3 -5)

Let's ring in the New Year with some invasion games. An invasion game is any game where the goal is to invade the other team's territory to score a point. Some well-known examples of invasion type games are hockey, basketball, and soccer. We will focus on teamwork and cooperation skills, communication, body placement and positioning, strategies for sending and receiving objects, and attacking and defending a goal.

Throwing, Catching, and Tag Games (Grade 2)

Grade two students will practice and refine their throwing and catching skills this month. Students will have lots of opportunity to practice these skills through stations, games, and partner activities. We will also be playing a variety of high energy tag games to practice our tagging and fleeing strategies.

"I Can" Statements for January

Grade 2

- ✓ I can throw an object overhand.
- ✓ I can catch an object at various levels and different distances with two hands.
- ✓ I can change direction quickly to avoid getting tagged.
- ✓ I can force others into getting trapped.
- ✓ I can stay positive even when I lose.

Grade 3

- ✓ I can move into space to receive a pass.
- ✓ I can move to get away from a defender.
- ✓ I can attempt to intercept a pass.
- ✓ I can cooperate with others to achieve a common goal or task.

Grade 4

- ✓ I can place myself in an appropriate position to provide support.
- ✓ I can guard an opponent.
- ✓ I can respond appropriately to winning and losing.
- ✓ I can accept responsibility for my performance without blaming others.

Grade 5

- ✓ I can move to get away from a defender.
- ✓ I can provide support to a teammate.
- ✓ I can use verbal and non-verbal cues to communicate to my teammates.
- ✓ I can place myself between the carrier and the goal/target when defending.
- ✓ I can act appropriately whether I win or lose.

P.E. Newsletter January

<https://hamptonelementarype.weebly.com>



Let it Snow, Let it Snow, Let it Snow

Did you know that building a snowman burns 285 calories per hour? I encourage everyone to embrace the cold winter months and stay active and warm this season by participating in outdoor winter activities. If the snow continues to fall, students will have the opportunity to snowshoe and even go sliding during P.E. over the winter months.



Mrs. Henry