

# November

## Physical Education Newsletter

Special P.E. Guest

Can you guess the new sport we are going to learn this month?

Here are a few clues:

- It is the second most popular sport in the world.
- Players jump approximately 300 times in one match.
- It is an Olympic sport that was invented in 1895.

I am thrilled to announce that Volleyball NB will be visiting us this month to introduce students to the game of volleyball! Students will learn the rules and practice the basic skills needed to play this exciting game. In preparation for volleyball, we will also be playing Newcomb ball and practicing sending and receiving objects through a variety of P.E. games.



### Open Gym and Intramurals



What a tremendous turnout we have been having at Open Gym this year! It is fantastic to see so many students enjoying physical activity first thing in the morning. Open Gym will continue as follows; Grade 5 on Monday, Grade 4 on Wednesday and Grade 3 on Friday.

Soccer intramurals will continue for Grade 4 and Grade 5 students at lunch recess. Listen for your class on the morning announcements.

### ``I Can Statements`` for the month of November:

#### Grade 3:

- I can direct an object towards a target.
- I can vary the distance and force of my shots.
- I can vary the direction of my shots.
- I can move into space to receive a pass.

#### Grade 4:

- I can experiment with activity specific equipment.
- I can return to my ready position.
- I can vary the distance of my shots.
- I can vary the direction of my shots.

#### Grade 5:

- I can use appropriate skills with activity specific equipment.
- I can place an object into open space.
- I can position myself to receive an object.
- I can use verbal and non-verbal cues to communicate to my teammates.