



WEIBEL PHYSICAL EDUCATION

By: Mr. Xiatrey and Mr. Crittenden

Welcome to the Weibel PE Newsletter. In this newsletter we will be discussing different topics for conducting Physical Education at Weibel Elementary School. Sorry it has been some time since our last newsletter, but we are ready to get back to a regular newsletter schedule

Health for Humanity

Mr. Xiatrey would like to thank Health for Humanity, an initiative of Hindu Swayamsevak Sangh (HSS, USA). During the last week of January many great volunteers taught the Surya Namaskar, or Sun Salutation, to various PE classes at Weibel. The students learned, not only the poses needed to do the Sun Salutation, but also different breathing techniques and ways to stay calm. Students also got a chance to play games that they normally would not have played in PE. The students learned a lot and had fun learning. **Thank you Health for Humanity!!!**

Quotes from students doing Health for Humanity:

"My favorite thing about today's yoga is how I feel very calm." -2nd Grader

"I like the jumping exercise with our guest." -2nd Grader

"the-rubbing-hand-and-placing-over eyes-thing" - 3rd Grader

"I learned many yoga poses and my favorite part about our guest was that she was kind and didn't rush us." - 4th grader

"My favorite part... was that it made my muscles loosen up and made my mind clear. I learned that even if you do a TINY bit of yoga it will still help you in many ways." - 5th Grader

PE ZOOM RULES

We are about halfway through the school year and we are a little more used to distance learning, but this is no time to relax on our zoom rules, which I see some older students starting to do.

While doing Zoom PE, there are rules and guidelines that all students must follow. **Cameras should be on at all times and student names should be seen clearly.** As we teach students exercises, teachers should be able to see all students learn and demonstrate these exercises. If we cannot, we don't know if they are doing them correctly and bad form can lead to injuries.

CURRENT UNITS

Mr. Xiatrey is finishing up a Yoga unit. We've learned some basic poses (and a few difficult ones) and have done some flows through SWORKIT. This unit is fun and challenging, please ask your child to demonstrate some poses that they have learned, perhaps they can teach you something. Which leads us to

FAMILY FITNESS!!!



<https://www.healthtrax.com/blog/2018/12/21/fit-families-fitness-for-every-age>

Activities that you can do with your child:

Yoga is good for all ages, a few poses in the morning will get you ready for the day. A few poses in the afternoon can give you that pick me up that you need to finish the day and a few at night can help you get a better night's sleep.

We have a 3-day weekend in February, but then no days off until Spring Break. This will be a tough time for students and teachers and families. If you or your child feel stressed at any time, I suggest you take a break, try to relax and maybe do some fun physical activities...a bike ride, a walk, a hike...just get moving and be safe!!!

COACHES CORNER

Hey Wildcats! Mr. C. here to congratulate everyone on doing such a wonderful job in my PE classes so far this year. We've practiced lots of skills! Here's a partial list:

Trimester 1:

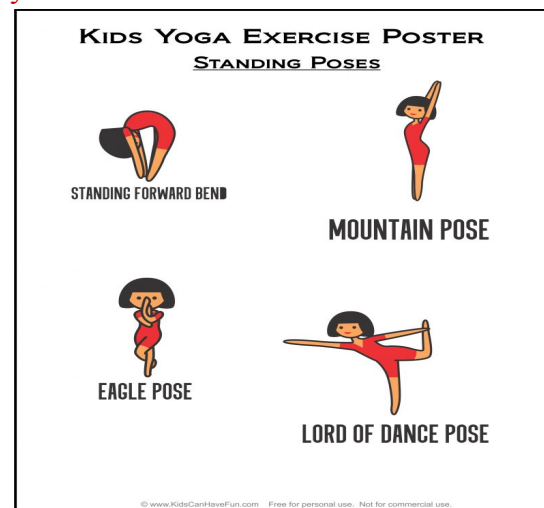
- The Leap, Skip, Gallop and Hop
- Throws: Overhand, Underhand + catch
- Soccer skills: Foot Dribble and Kick
- Jumping: Jump Rope and Standing Jump
- Yoga (+ daily shoulder rolls and breathing)
- Basketball: Dribble, Passing and Shooting

This Trimester - so far:

- Dance
- Roll to Target
- Volleyball: Bump, Set, then Serve next wk.

**AMAZING work everyone; look at how much you've accomplished! I'm super excited to continue learning PE with you, staying fit, and having fun doing it! See you soon!

Thank you for reading, if you have any questions about Weibel PE, or have suggestions on what we should include in these newsletters, please feel free to email your PE teacher.



<https://www.kidscanhavefun.com/blog/kids-yoga-poses-posters/6489/>