



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.

WEIBEL INTRAMURALS

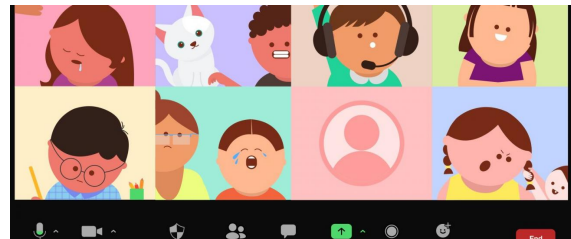
Weibel has just started its Intramural program; Mr. Xiatrey will be hosting a “Go Noodle Friday” every Friday from 2:45-3:15pm through his zoom. Students are welcome to join, they can pick a video and everyone will follow along with the activity. “Go Noodle” has exercise videos, yoga videos, dance videos and many more. This program is mainly for 1st, 2nd and 3rd graders, but 4th and 5th graders can also join. Siblings and other family members are also welcome to join.



gonoodle.com

PE ZOOM RULES

We are almost done with this school year and are more used to distance learning, but this is no time to relax on our zoom rules. There are rules and guidelines that all students must follow. **Cameras should be on at all times and student names should be seen clearly.** Teachers should be able to see all students learn and demonstrate PE movements. If we cannot, we don't know if students are doing them correctly and bad form can lead to injuries. Please remind your child not to log off until the teacher says that they can, not when they “think” class is over.



<https://www.perkins.org/get-involved/events/outreach-february-drop-ins>

CURRENT UNITS

Mr. Xiatrey is in the middle of a Dance Unit. Students seem to be enjoying the dancing, even though they might not admit it. Dancing is a great way to improve coordination, endurance and muscular strength! We have learned a dance to “Peanut Butter Jelly Time,” “Blinding Lights” (yes the Tik Tok sensation!) and “The Chicken Dance.” We have a few more dances to work on, such as “Dance Monkey.” Please ask your child to demonstrate some of these dances to the family. Which brings us to

FAMILY FITNESS!!!



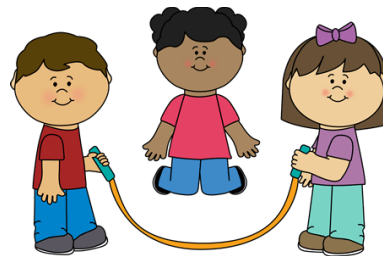
<https://knox.armymwr.com/calendar/event/family-dance-party/3694083/45901>

Activities that you can do with your child:

Since we are currently doing dance, I suggest dancing as a family activity. It is a great way to build family unity. You can also have a friendly dance competition amongst your family or maybe against another family, maybe over zoom. There are plenty of resources to learn how to dance, but really all you have to do is just play some music, move your body, and have fun!

COACHES CORNER

As a PE Teacher, I try my best to stay in shape, but even for me staying in shape can be difficult, especially during the pandemic. Gyms are closed and parks have been off limits for a long time. Exercise equipment can also be costly (even though it can be seen as an investment). I try to focus on little things that can help me physically. A 20 minute walk in the morning before work wakes me up better than a cup of coffee and an inexpensive jump rope can provide great exercise. There are plenty of exercise movements most people can do without equipment, such as push ups and sit ups for strength building and running, jumping, and skipping for endurance. Yoga and dance can also be done easily if you have an internet connection. There are plenty of videos available online for free, just be sure it's a good one which provides you with what you are looking for. I can recommend some videos and websites, if you'd like. Most people should be getting 60 minutes of physical activity a day, but even if you can only get 10 minutes, that's better than nothing.



<http://clipart-library.com/jumping-rope-cliparts.html>

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.