



MOVEMENT MEMO

WAMS PHYSICAL EDUCATION NEWSLETTER

SEPTEMBER 2019

Worcester Public Schools PE Mission Statement: To provide students with the necessary skills which allow them to make safe and healthy choices in a variety of situations.

SEPTEMBER: All grades will be focusing on classroom procedures, expected behaviors, and using their Opening and Closing Safe Spots that we call HOME BASE. **Classroom norms for all PE classes include the acronym ABCD !**

What does it mean ? **Act Safely**

Be prepared - Be positive

Considerate - Cooperative

Do your Best

CLASS FORMAT: - Students enter the gym and transition to their HOME BASE.

- Lesson Objective is introduced.

- Vocabulary that's special to the lesson is introduced or reviewed.

- Activities are explained and skills needed to achieve our objective are demonstrated then practiced

!

- At the end of class students transition back to their HOME BASE.

- Class wraps up with a short feedback discussion to check if we met our objective and talk about our next steps for the next class.

September Skills:

Grade K: Students will participate in activities that introduce spatial awareness, and the importance of safe bodies.

Grades 1-2: Students will participate in activities that review locomotor movements (Ex. running, jumping, galloping).

Grades 3-6: Students will participate in activities that review fitness development, and be introduced to fitness testing.

(Ex. long jumping, sprinting, long distance running).

WHAT DAY DOES MY CHILD HAVE PE ?

MONDAY – 6 Fleming, 6 Manuel, 4 Savage, 4 Maloney, 2 Palumbo

TUESDAY – 5 Desimone, K Lang, K Arlaboss

WEDNESDAY – 1 McAndrews, 1 Douglas, 3 O'Connell

THURSDAY – 3 Benoit, 2 Goldberg, 1 Snow, 5 Peters, 2 Driscoll



PLEASE - - - To ensure all students are safe and able to move freely in class

- Everyone **MUST** wear sneakers and Girls should wear shorts under dresses or skirts.

- To be excused from PE students must have A NOTE from the school nurse or a parent regarding the medical condition, special needs or concern. I work closely with classroom teachers and our school nurse to ensure everyone is safe in PE.

- **NO** dangling jewelry (bracelets, necklaces, or earrings) during PE - they should be TAKEN OFF BEFORE class and LEFT in their HOMEROOM.

WE'RE GOING TO HAVE FUN YEAR ! Questions or concerns, please call (508) 799-3575.

Thank you - Ms. Erin Fitzgerald