

PHYSICAL EDUCATION TODAY!

February issue.

February 2009

WHAT'S BEEN HAPPENING?

We have been very busy;

- **Running to Disneyland!**
- **BIG Run Day.**

- **Units of Inquiry.**
Shared Units of Inquiry and P.E. Units.

- **Hula Hoop Champions.**

What's coming up?

- **Rope Climbing and Swinging.**

- **After Spring break we will be on the FIELD utilizing all the space, fresh air and different equipment to further our skills and experiences, and then we return to the POOL!**

PLEASE NOTE:

Please leave **Indoor Shoes** at school until Swimming in May, as we may be able to use the Big Gym sometimes if the weather is unkind.

WE ARE ACTIVE KIDS!

Our children are very lucky that they have the opportunities to be quite active at school; with P.E. every day for Kindergarten, Grades 1 and 2, and every second day for Grades 3-5. They also have **Recess and Lunchtimes** to move around and be active if they choose to.

It is very important for children's health and well being that they are also active out of school.

Lots of our children do a wide variety of activities out of school, which is wonderful.

I want to celebrate the fact that we are **ACTIVE KIDS** and have set up a notice board to show others what we do and how active we are.

If possible I would love to collect photos of your children being active out of school. It may be riding their bike, skiing, swimming, jumping on a pogo stick, kicking a ball or just playing in the Park. Anything that shows them being **ACTIVE**.

I will display the photos for a period of time and then return them to you.

Thank you in anticipation!

Chris is scuba diving, Ami and Miu are riding a horse, Sato is skiing and Niki is shooting an arrow and playing on the monkey bars....
These are some of the photos we already have on our wall.

WHAT HAVE YOUR CHILDREN BEEN DOING????



Grade 3 - How we express ourselves.

Once again this year as part of the Unit of Inquiry concerning the Arts and How we express ourselves the Grade 3's were very lucky to have **Reiko sensei** (a professional dance instructor) come and give a demonstration and lesson on dance and how we use our bodies to show emotion. We also had the **Grade 9 girls** from SIS come and give us a demonstration and teach us some Hip Hop moves.

This gave the students a taste of the different types of dances and how to begin to choreograph movements. They also were able to question the dancers and find out WHY people dance, and WHY they do the types of dances they do.

In homeroom class time the students watched a wide variety of different types of dances / movements on DVD 's then and came to P.E and tried them out!

This all lead to the students choreographing their own movement pieces, applying the concepts and elements of movement

They had to include differing levels, pathways, use of space as well as convey emotions or a story.

The groups did a fantastic job and we were treated to some excellent movement pieces with a variety of emotions or stories being told. We had Rock stars, Angry Gangsters, Power Girls, Active Kids and An Earthquake Adventure!

Three groups were willing to showcase their pieces in front of the whole school during share time, which was very positive.



UNITS OF INQUIRY...What? How? When? Why?

Continuing on our PYP focus this year and in an attempt to make learning even more meaningful for our students in P.E. we have been working on some stand alone Units in our P.E. classes.

We have also continued to collaborate with the classroom teachers to support and expand the students knowledge and understanding of the Units they are studying in the classroom.

The younger students are involved in a **Spiral Curriculum**, where skills are taught, experienced and revisited and built upon throughout the year. Some Grade 3 topics, and the majority of 4 and 5 Units lend themselves to the Unit Approach.

As you can see on Page 2 **the Grade 3**, in conjunction with their Art, Music and classroom classes studied The Arts and How

we Express ourselves.

Their **Central idea** was; Through the Arts people express, explore and interpret ideas and feelings. In P.E the students designed and choreographed their own movement pieces to express a story, emotion or feeling.

Grade 5's began the year inquiring into the Central Idea of; Attacking and Defending in game situations need strategies. They developed their Basketball and Netball skills and understanding to utilize these skills and to work together in an attempt to recognize and apply strategies within these games. Strategies such as making space, becoming a defender or attacker, team roles and positions.

More recently the **Grade 4's and 5's** carried out a Gymnastic Unit, with the Grade 5's taking a slightly more in depth look into the Central Idea ;

By understanding that movements are divided into smaller parts, we can improve the parts and the whole. The focus this year was on Olympic Gymnastic skills, with a wide variety of equipment such as beams, the trampette, spring boards and vaults being used, as well as the floor. The students inquired into differing ways to propel their bodies, move across objects or put parts of movements together to create a new movement.

Grade 5's are currently applying the same Central idea they used in the Ball Skills Unit to a Footballs Unit, where they are experiencing Soccer, Australian Rules Football and Touch Rugby. Once again they will be attempting to develop their awareness and skills and apply strategies to be successful in these game situations.

Grade 4's will soon don **Kendo and** sports have evolved from the Warrior popular Sports today. This will be done in studies on "Japan—Then and Now." change over time due to various reasons.



Judo gear and learn about how the class and Samurais to become very conjunction with their classroom The Central Idea is; Cultures

We will also be very lucky to have an SIS parent Mrs Fukai provide an **AIKIDO** demonstration and give us an insight into this Martial Art too, as well as a guest **Ninja**, who will explain some of the ways of the warriors. So, some very interesting times ahead!

HULA HOOP CHAMPIONS 2008/9.

As part of our P.E. classes and for some fun we run a class by class Hula Hoop championship. Each child chooses their Hula Hoop and attempts to be the student who can keep it twirling for the longest time.

Our children are so good at this that new challenges need to be devised to try and claim a winner. This year children had to close their eyes, jump up and down, kneel on the ground, hop on one foot and still they kept going!

Eventual winners were'

KINDERGARTEN:

MARINA and CIAN

GRADE 1- **KIKKA**

GRADE 2—**NIKI**

GRADE 3- **YUTO**

GRADE 4 -**KONATSU AND YURI**

GRADE 5 -**ANRI**



GRADE 4—Units of Inquiry Continued...

The Grade 4's are presently involved in learning to utilize space, and work in a team to play as an offensive or a defensive player. Their Central Idea is ; **Attacking and Defending in Game situations involves using space effectively.**

Firstly they were introduced to Matball, a modified ball game to improve our understanding of offensive and defensive techniques. Then we will transfer this knowledge to a Soccer situation and will be attempting to work together towards the common goal, using space, skills and team-work effectively to achieve this.



RUN TO DISNEYLAND and THE BIG RUN!

Each day in class as part of our Warm Ups we ran laps, counted up the totals and plotted our progress to see if we could run to Disneyland. This is **522 km** from our school. It is 86 m around the Big Gym. The children love this and most are always really keen to do MORE laps than required!

We managed to run **577 km** in the 6 weeks we were in the Big Gym. You should have seen a certificate from your child noting how far they ran. You would have also noticed we held our BIG RUN days again this year. This is where the students have a chance to run as far as they like within a time frame. Most children are very keen to do this and challenge themselves to run as far as they can.

Kinder—no Big Run.

Grade 1—8 minutes.

Grade 2—8-10 minutes.

Grade 3—10- 12 minutes.

Grade 4—12-15 minutes.

Grade 5—12-15 minutes.

All students were very with enthusiastic and determined to do their best..

Although it is NOT a COMPETITION there were some Great Individual efforts that need to be acknowledged are;

15 Minutes

Over 3 kms—Kizuki Niimi—3.101KM

Taizo Heimer—3.004KM

Very close— Kento Moriguchi— 2.932 km. Tai Holden—2.838 km,

Solene Delumeau- 2.802 km and William Menezes—2.721 km.

It is wonderful to see the children try so hard, want to do well and most of all to see how their fitness levels and flexibility improve so much over the 6 weeks. Now our challenge is to keep that Fitness level and stretching habit going.



WHAT'S NEXT?

It has been pretty cold again this year but luckily we have been able to use the Big and Small Gyms on most occasions.....and our snowball fights have been with woollen balls, not real snow! As we move towards the warmer weather and our P.E. classes begin to venture outside, we will utilize the extra space on the field and continue to challenge ourselves in a variety of new and familiar activities.

Kindergarten— will be continuing to develop their **eye hand co-ordination, basic fundamental motor and dancing skills**. They will be learning many new types of activities and vocabulary and will revisit many other tasks to increase their ability and experiences.

Grade 1 and 2— will be **throwing and catching, dribbling, striking with long and short handles, Jump Rope and Kicking and Punting**. We will also challenge ourselves to climb as high as we can on **the ropes and try and improve our Basketball skills too**. We will also be tying in the classroom studies on **Air and resistance** and will experiment with different properties of flight and resistance, with our bodies and equipment. We will also be continuing to increase our **movement vocabulary and to work on positive interactions with others** too.

Grade 3 — will also be working on **throwing and catching, kicking and punting and striking with long and short handles**. We will also challenge ourselves to climb as high as we can on the **ropes** and try to understand the **principles of team work and making space in game situations too**.

Grade 4 As part of our Unit on **Ball Skills and Games** we will be attempting to understand the concepts of **offence and defense and using space** and strategies when we play Soccer. We will also challenge ourselves to climb as high as we can on the **ropes**, as well as trying to understand and think about the development of Kendo, Aikido and the Warriors and sport in Japan, in the past and now.

GRADE 5 We are currently experiencing different **football codes**, which have many new and challenging skills. We will be also playing some eye hand co-ordination games and learning to play Cricket and improve our Softball skills and understanding.



PLEASE ENSURE YOUR CHILD IS ACTIVE OVER THE SPRING BREAK COMING UP.

THEY HAVE P.E HOMEWORK TO DO!

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Thank you for taking the time to read this. Please feel free to contact me, if you ever have any comments, queries or concerns.

Yours sincerely,

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