



Physical Education



December 2011

Love T. Nolan Elementary School

Teachers: Mrs. Mitchell-Jones & Mrs. Everson
Itinerate Teachers: Mr. Troutman & Mr. Martin

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“PE for Parents”

Lace up your sneakers! It's time to come out and play. “PE for Parents” is scheduled for December 5th -9th. Please check the “Thursday Notes” for the dates and times that your child attends physical education class. Please be sure to wear tennis shoes and comfortable clothing. All participants' will be placed in a special drawing to win a “PE for Parents” t-shirt. There will be 5 winners!

Events & News!

Did you know that the state of Georgia passed House Bill 229? This new law states: Beginning in the 2011-2012 school year, each local school system shall conduct an annual fitness assessment program, as approved and funded by the State Board of Education, one time each school year for students in grades one through 12, to be conducted only during a physical education course that is taught by a certificated physical education teacher in which a student is enrolled.

A letter will be sent home very soon about the fitness testing that we will do in P.E. The students have already completed their fitness pre-test. We have also spoken with students about setting individual fitness goals, and hope for an improved score in the spring.

If you have questions or concerns please contact the physical education department.



Georgia Performance Standards in Physical Education

At Love T. Nolan, our lessons are based upon the GPS. These standards can be found by clicking on the following link:

<https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEdK-5.aspx>



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National Standards in Physical Education:

There are 6 national standards for Physical Education. They are:

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activity.
3. Participates regularly in physical activity.
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Upcoming Lesson Themes

November 28 –Dec. 2	striking (stations)
December 5 th – 9 th	Lead-up Games to Volleyball "PE for Parents" week
December 12 th – 16 th	striking (various stations)
December 19 th -22 nd	striking games (K-2) Four Square (3-5)

STAYING ACTIVE AT HOME



"Spelling Shoot Out"

You will need a basketball, a basketball goal, your spelling list and a partner (s).

How to play:

1. Select a word from your list.
2. One player at a time will shoot a basket. For each basket made you get one letter.
3. If basket is made, you continue to shoot, and collect letters.
4. If you miss, you don't collect a letter and you lose your turn.
5. First player to spell the word is the winner.