



Physical Education



November 2011

Love T. Nolan Elementary School

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

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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.

Students are finishing up with the pre-test for sit and reach, push-ups and PACER test. Once completed, we will talk with the students about setting individual fitness goals, and hope for an improved score in the spring.

<http://www.fitnessgram.net/home/>

“PE for Parents”

Thanks to the many parents who participated in “PE for Parents” last month. The students truly enjoyed seeing parents exercising, playing and having fun with them. Thanks again to all parent’s who participated. Looking forward to seeing you at our December event!



“Safety First”

Please be sure that your child comes prepared for physical education class. No sandals, flip flops, or heavy boots should be worn. Tennis shoes and comfortable clothing are best!

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:

November 28-Dec. 2

Frisbee stations & games (K-5)

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

October 31-Nov. 4	Complete Fitnessgram pre-tests & Cageball Games
November 7 - 11	Soccer skills/kicking stations (K-5)
November 14 -18	Soccer games (K-5)
November 21-25	Four Square (3-5) Juggling w/scarves/balancing tubes/deck ring activities (K-2)

STAYING ACTIVE AT HOME



Jump and Spell

Get your spelling word list, and a jump rope. While jumping rope, spell each word on your spelling list. Ask your parent to join you!

2, 4, 6, 8!

Do you know your 2's, 4's, 6 & 8 multiplication tables? Try the 2's table first. All you need is a jump rope and a stop watch to get started. While jumping rope, recite the 2's tables. Try it again, except this go round time yourself. How did you do? Ask your parent to try it. Who had the faster time?

Integrating math and language arts into fitness!