



GREENWOOD

Health and Physical Education 2nd Trimester Newsletter

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Health Education



Physical Education

All Classes:

> Mileage club

- 5 sessions in the fall and 5 in the spring
- 12 Minute jog (set goals for laps)

1st grade

- Senses, visiting the dentist, taking care of our teeth, parts of a tooth, germs, feelings

2nd grade

- Feelings, body systems, yearly checkups, hygiene, tobacco

3rd grade

- Activity and rest, my plate, the heart, needs & wants, decision making, tobacco.

4th grade

- Fitness, body systems (nervous, skeletal, muscular, respiratory, circulatory, and digestive)

5th grade

- Human growth and development, puberty, rest and exercise, chronic disease project, Intro to drugs

All Classes:

>Instant activity

- Jogging 2 minutes and increasing by one minute each class (concentrating on pacing and stamina).

1st & 2nd grade

- Hand & eye coordination (bouncing a ball, catching a ball, dominant & non-dominant hand)
- Winter wonderland stations
- Floor hockey (grip, passing, dribbling)
- Adventure based learning (team building skills, using teamwork and cooperation to complete a task).

3rd, 4th & 5th grade

- Basketball skills (dribbling, passing, offense and defense)
- Floor Hockey (dribbling, passing, shooting at a target, small sided games)
- Adventure based learning (team building skills, using teamwork and cooperation to complete a task).



See one of these lately? Students have been earning toe tokens for every 2.5, 5, and 7 miles they run in mileage club!!

SAVE THE DATE: *Field Day- May 22, 2020*



The district is in the process of revising the Health curriculum.



Please stop by the lobby during conference days to fill out a survey which will aide in this process.



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