

Health & Physical Education with Mr. Barna

November:

The school year is off to a great start, I am happy with all the cooperative themed games and activities that your students have participated in thus far. We have reinforced all the rules and structures that keep us safe in the gym space. Those games/lessons were intended to establish our school year, and foster a positive learning environment. With that said, we have just begun our first unit of study a bit later than I had originally planned, that being **floor hockey**. Students will learn how to properly handle their equipment, while immersed into a variety of practice, games, and activities. Each grade will have their own lessons that are age-appropriate. Please review safety rules with your children, and remind them to stay under control with their hockey sticks so we can minimize our injuries. I assure you our games are only as safe as the students participating so please talk to your children about self-monitoring. Students will be assessed on their skill, sportsmanship, and overall effort throughout the unit.



December:

December we will dive into the world of **European or Team Handball**. Team handball incorporates a variety of skills needed in many sports, such as dribbling, passing, throwing, and catching, therefore it's a great way to explore an Olympic sport while improving basic skills and sport concepts. Students will practice a variety of skills, and all of our lessons will have a fitness based theme incorporated as well. Once the children understand the rules and concepts of team handball we can begin playing all kinds of games and activities to help them improve. If you are unfamiliar to the game of handball here is a link that you and your child can watch to better understand what skills will be necessary to improve upon. <https://youtu.be/q6RcTHNixto>

Fitness Recap:

This FITNESSGRAM report is brought to you by **broccoli sprouts!** Your healthy food of the month containing many essential nutrients and vitamins and is a top cancer-fighting-food. At this point in the school year all students across all grades have been

assessed in height and weight or BMI for the NYC FITNESSGRAM which is mandated by all P.E. teachers. Each month we will add on to the assessments until all requirements are met. Our next fitness challenge will be *pushups and curls/situps*. There are a wide variety of ways to improve muscular endurance in the abdominal area as well as upper body to help increase your child's strength.

Reminder, FITNESSGRAM is a personal assessment that is supposed to teach your children to set personal goals, NOT to compare

themselves to their peers. **SWORKIT** for kids is a great app that you can download at home and students can practice a wide variety of exercises and movements. Thanks for all of your support, please remind your students to wear proper footwear as winter is approaching, look forward to an exciting hockey, and handball unit. For any further questions please feel free to email me at:

JBarna@schools.nyc.gov

