

Health & Physical Education with Mr. Barna

January

Happy New Year everyone, welcome back, I'm hoping we all shared some restful vacation and are excited to be back. Looking forward to ringing in the new year with some more skill progressions, character building, and increase in our fitness levels. Before the break we were getting into team handball and many of our upper grade students were very excited to be playing this ball game. For that reason we may wrap up the first week of January with one last team handball session.

From there we will begin a school-wide short flag football unit. We will dive into the **American football** game, looking at some basic throwing, running, kicking and catching skills. All of our games will be safe and age appropriate we will work on flag pulling skills, games, and activities that motivate the student body towards Super Bowl 53. Please help remind your children when they have physical education so we can ensure appropriate sneakers and clothing on their designated day.



February

With February on the shorter side of the school year in total days, we usually explore some **"net games."** Some volleyball concepts, hitting, serving, etc. The younger students also explore striking and basic team concepts with balloons and beach balls and age appropriate games. We try and finish up all of our FITNESSGRAM entries with the upper grades as well.

I will be looking for new upper grade students (3rd-5th) who are interested in participating in **morning track and field practice** come **March**, please have your child write me a persuasive essay on why they should be a part of the 7-8am practices and I will consider their entry. Thanks..



FITNESSGRAM UPDATE:

Alongside football and net games, we will also begin concluding our fitness assessment with a measurement of **flexibility** of the legs and lower back. One assessment is called trunk-lift, while the other is the sit and reach. In addition the most exciting of the fitness tests for 3rd-5th grade is the **Pacer test** which basically measures aerobic fitness capabilities. The students run 15 meter laps to see how long they can endure...

For more information on FITNESSGRAM please visit the DOE website: <http://nycphysicaleducation.com/nyc-fitnessgram/>

*****Once again welcome back everyone, if you have any further questions, please feel free to email me at my DOE email: JBarna@schools.nyc.gov, and I will get back to you during parent engagement on Tuesdays.*****

