

September 2013

NEWS FROM THE GYM: PHYSICAL EDUCATION

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&

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Walking,
Running, Track, &
Cross Country



Reminder:
Appropriate shoes
are always
needed

K-2 AGENDA

Your child will be working on different locomotor movements which are ways to move from point A to B (walking, running, jumping, hopping, leaping, sliding, galloping, and skipping). We will be focusing a lot this month on improving their **cardiovascular endurance** by explaining to them the importance of walking/running. We will focus on the correct form, different tempos, paths, levels, and safe movement.

3-4 AGENDA

Your child will be taking part in a Cross Country and Track Unit. They will be focusing on pace, speed, length of time, heart rate, aerobic, anaerobic, recovery, breathing rate, and intervals for Cross Country and hurdles, standing long jump, sprints, shot put, and discus for Track. They will be improving their **cardiovascular endurance** and **muscular strength** throughout this unit which will help them when it comes time to be tested for the Fitnessgram.



Cardiovascular

Endurance: The ability of the heart to deliver oxygen to the working muscles, and the muscles ability to use that oxygen.

Muscular Endurance: The ability of a person to exert force on physical objects using muscles.