

November 2014

Dan Young

&

Kristen
Altstaetter

NEWS FROM THE GYM: PHYSICAL EDUCATION



Soccer

Reminder:
Appropriate shoes
are always needed

K-2 AGENDA

During the month of November, your child will be learning different skills used in soccer. They will learn the importance of dribbling, passing, and trapping the soccer ball. Offense and defense will be addressed and they will play modified games that will incorporate the skills they learn. Soccer will help improve their cardiovascular endurance as they are constantly moving around going from one activity into the next.

3-4 AGENDA

During the month of November, your child will be learning different skills and strategies used in soccer. The skills they will cover are dribbling, passing, trapping, striking, throw-ins, punting, and playing defense. The strategies learned are maintaining possession, defending space, creating space, and scoring. Soccer will help improve their fitness level by improving their cardiovascular endurance. Each day we work on improving their overall fitness for when they participate in the Fitnessgram again in the spring.



If interested in knowing where your child should be for fitness check out the website below!

[Fitnessgram](#)