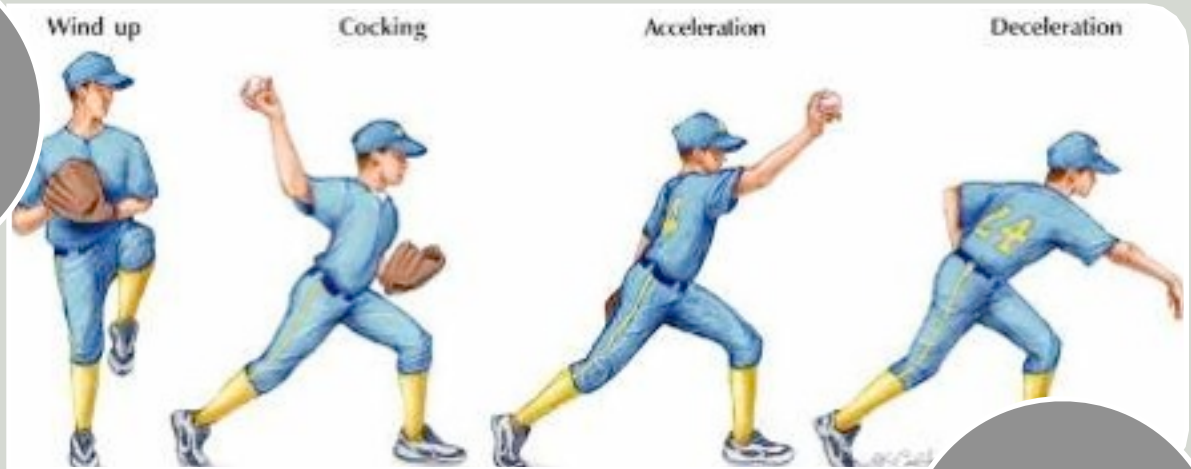


NEWS FROM THE GYM: PHYSICAL EDUCATION

&

Kristen
Altstaetter

Fitness
Testing, Flag
Football,
Throwing



Reminder:
Appropriate shoes
are always
needed

K-2 AGENDA

3-4 AGENDA

Your Child will be working on improving their fitness level by doing activities that focus on cardiovascular endurance, muscular strength, muscular endurance, and flexibility. We will then be moving on to a throwing unit. Your child will learn the proper way to throw a ball underhand and overhand. They will be introduced to activities/games that require throwing as the main skill.

Your Child will be working on improving their fitness level by completing the Fitnessgram which focuses on cardiovascular endurance, muscular strength, muscular endurance, and flexibility. Down below is a guide to show the healthy fitness zone as a reference to see where your child is currently. After fitness testing is over they will be moving on to a flag football unit where they will learn skills needed to be successful.



[Fitnessgram](#)

*Link for the
Fitnessgram