

Physical Health Newsletter #14

GAMES

Hi Everyone,

What a day we had the track meet last week - check out this amazing [VIDEO](#) that captures the excitement of the day.

We have wrapped up the Physical Literacy observations for another year. We saw so many wonderful things that made us so proud and excited for our students and teachers. Even the smallest amount of intentional time spent on building correct movement patterns, set up and execution of physical literacy skills makes a large change over time and did we see it! Job well done everyone.

IN THE CLASSROOM

[FLIP IT](#) - Bean Bag Brain Boost

[TWO FOR ALL](#) - Bean Bag Brain Boost

OUTSIDE GAMES

[POISONOUS STUMP](#) - Grades 4 - 7

[SWITCH](#)

[BRIDGE BALL - ALL GRADES](#)

GYM

[HULA HUT RELAYS](#)

[How to build hula hut](#) - Basic Hut

[PROTECT THE CASTLE](#) - Prime Coaching

[SUPER FUN GAME WITH LARGE EXERCISE BALL](#)

DAILY DOSE of HAPPY!

MINUTE TO WIN IT IDEA:

PLANK for ONE minute

OR

JUMPING JACKS for one minute

SCOPE AND SEQUENCE

K-3 Scope and Sequence [HERE](#)

4-7 Scope and Sequence [HERE](#)

Have Fun,
Amber & Erin