

Please review the fitness program areas of concentration that will be addressed during this school year.

- Locomotor Movements (walk, run, hop, skip, jump, gallop)
- Body Awareness (body parts and shapes)
- Spatial Awareness (moving in different directions)
- Physical Effort (force and speed)
- Chasing, fleeing, dodging
- Manipulative Skills (throw, catch, strike, swing, push, pull)
- Body Fitness (heart, lungs, muscles)
- Jumping and Landing (different height and distance, jumping rope)
- Balance and Weight Transfer
- Rhythmic Skills
- Self Assessment (self knowledge and positive self talk)
- Sportsmanship (building positive attitudes)
- Cooperative Skills
- Using equipment (bats, balls and much more)

I am here to make a positive impact in your child's life. If you have questions or information that might help me better educate your child, please contact me.

Sincerely,

Mary Beth Rice
Physical Education Teacher