

Physical Education Newsletter

Winter 2018

Hello Clark-Wilkins families!

Thank you to everyone who has welcomed me into the Clark-Wilkins community. I am fortunate to be working with such a special group of students, families, and staff.

Students have responded very well to all of the change they experience in physical education. We always start class with a cardiovascular endurance warm up that includes a variety of locomotor movements. The students are constantly learning fitness concepts and information regarding the human body. “The Muscle Song” is a popular tune that engages students with pointing to corresponding muscles while saying the technical name for it.

Thus far, students have been exposed to many skills and activities. These include team building activities, kicking/dribbling, recess games, striking, parachute, health/fitness, Star Wars tag, throwing, and volleying. In addition, our PTA had generously gifted us with the opportunity to bring a circus residency artist to all third graders at Wilkins. The performance was absolutely amazing! Keep an eye out for photos on our Clark-Wilkins Facebook page that highlight your child’s experience in physical education. My goal is to make movement fun!

Happy holidays,

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