

Sawyer Physical Education Newsletter



October 2007



Happy Halloween and Happy October! One month of school has already gone by, can you believe?! We have been very busy in Physical Education and I would like to share with you all of the fun things we have done so far this year! Check it out...

Kindergarten and First Grades:

- We have learned how to skip, gallop, speed walk, jog, run, leap and many more locomotor skills.
- We learned about personal and general space and have played games that have helped us with dribbling, passing, and kicking with our feet.
- We really like playing the tag games 'What Time is it Mr. Fox?' and 'Spider and Flies'.
- Walking and jogging on the *Sawyer Nature Trail* was neat too!

Second Grades:

- The first weeks of school we focused on some *Cooperative Games* and played games to help us learn more about our classmates!
- The *Soccer Unit* was a blast and all the students did a great job in it. In this unit we practiced dribbling and kicking the soccer ball. We also got to play some games of soccer. We played 'All Ball Soccer' and 'Line Soccer'.

Important Happenings in October:

- **OCTOBER 1-7: INTERNATIONAL WALK TO SCHOOL WEEK:** <http://www.walktoschool.org/>
- **EYE INJURY PREVENTION MONTH**

FITNESS CALENDARS....

Have you completed the **September Fitness Calendar** and turned it in to Miss Vanness? Remember...you will get fitness feet for every 10 days you complete on the calendar. Have mom, dad, or an adult initial or sign their name on each day you complete the activity.

October Snack Idea:

HALLOWEEN CREEPY CRAWLY SNACK MIX

Ingredients:

- 1/2 CUP BLOOD DROPS (CINNAMON RED HOTS)
- 1/2 CUP CATS EYES (SMALL GUM DROPS)
- 1/2 CUP CATS CLAWS (SUNFLOWER SEEDS)
- 1 CUP COLORED FLIES (M&Ms)
- 1 CUP BUTTERFLY WINGS (POTATO CHIPS, ANY FLAVOR)
- 1 CUP CHICKEN TOENAILS (CANDY CORN)
- 1 CUP ANTS (RAISINS)
- 1 CUP EARTHWORMS (CHEESE CURLS)
- 1 CUP COBWEBS (GOLDEN GRAHAMS CEREAL)
- 1 CUP SNAKE EYES (PEANUTS)
- 1 CUP BATS BONES (PRETZEL STICKS)

Directions:

MIX TOGETHER IN A VERY LARGE BOWL AND ENJOY!

SAWYER HAS A PHYSICAL EDUCATION WEBSITE!!!

Check out the new Physical Education Website for Sawyer Elementary! On the website you will find *information about Miss Vanness, the Fitness Calendar, the Monthly Newsletter, and Helpful Links* for kids and adults!

Here is the address:

http://www.sturgeonbayschools.org/Sawyer/PE/sawyer_school_pe.htm

