

## Lafayette 2nd Trimester Informational Letter

### Physical Education/Health

**Physical Education:** Most recently the students have been learning how to use a paddle to strike a balloon. I called the class “Balloon Fun.” Each student received their own paddle and balloon and got to practice hitting it by themselves. They also got to play a game with them called, “Clean Out Your Backyard.” This game involved two teams hitting the balloons off of their side, to keep their backyard clean of the trash (the balloons). The students really enjoyed working together as a team, and hitting the balloons with their paddles.

Another new activity that all the students learned this trimester was Cup Stacking. Cup Stacking is a hand eye coordination activity that helps the students focus using both hands as well as engaging both sides of the brain. They were taught how to make different stacks with the cups such as stacking three cups at a time and down stacking them as well. The students learned easy stacks to start and more challenging stacks at the end such as stacking ten cups and then down stacking them. If you want to learn more about Cup Stacking you can view it on line or ask your children about their experience.

The Parachute was also used this trimester. All the classes participated in cooperative games using the parachute. They played sharks and lifeguards, cat and mouse, and color change. Each of these games help the students work together as a team to accomplish the goal that is set at the beginning of the class.

Now that the weather is changing and it is starting to get warm again the classes will be going outside more. The students have really learned a lot over the 2<sup>nd</sup> trimester, although they have been inside throughout these long winter months they have been eager to try any activity that has come their way. I am looking forward to the spring and to get the students outside for the last trimester.

**Health:** This trimester in health the students learned about Nutrition and Fitness. Throughout the Nutrition Unit the students have done a variety of activities. They have heard stories, participated in discussions, completed worksheets, and also have used their iPads to play a nutrition game online. Each class has viewed some nutrition websites. One of those websites is [choosemyplate.gov](http://choosemyplate.gov). On this site the students can play the “Blast Off Game.” This game shows the students how much food from each of the food groups belong in your body, and what kind of healthy foods the students should be getting. When they choose the right food and fill up their fuel tanks the student’s blastoff to Planet Power and receive an award. The students enjoy selecting healthy foods for each meal so they can try to win the game and receive an award. Another nutrition website used was [www.chefsolus.com](http://www.chefsolus.com). This website has many different activities where students can learn about food labels as well as play different games to further their knowledge about nutrition. I also discovered [www.nutritionexplorations.com](http://www.nutritionexplorations.com) which is part of the Fuel Up to Play 60. This website encourages kids to eat healthy and exercise 60 minutes every day!! I encourage you to visit these websites with your child to see what they have been learning. The goal this Nutrition Unit was to get the students thinking about eating healthy foods and sharing their knowledge with their family. The next unit the students’ will be learning about is Human Growth and Development.

If you have any questions or concerns feel free to e-mail me at [ltibbetts@sanford.org](mailto:ltibbetts@sanford.org)

Thank you,

Miss Lindsay Tibbetts