

## Christ the King Catholic School

# PE Newsletter

Our first month of school flew by so fast! We started our school year by preparing for Sausage Fest with the Chicken Dance. Seeing our CKCS students' creativity, teamwork, and support for one another was impressive as we prepared for this school tradition! This year in PE, we will explore exercise, physical activity, sports, and personal wellness. By participating in individual and team sports, lifetime fitness activities, cooperative team-building challenges, and personal wellness projects, students will gain skills to make health-enhancing decisions and reduce health risk behaviors. Get ready for an active and engaging year!

We have transitioned from chicken dancing to balance units in kindergarten, striking units in elementary school, and volleyball skills units in middle school.

*Want more practice?*

Click the link for 10 Solo Volleyball Drills

To Try At Home:

<https://www.youtube.com/watch?v=Foj6A4WWgCg>

### \*REMINDER

Thanks to the majority of our student body who have been wearing their PE shoes. During the summer break, our gym floor was resurfaced. To ensure our new floor remains clean and safe, we kindly ask that your child continue to wear non-marking shoes. These don't have to be brand new, but they should be clean athletic shoes that won't leave marks on the floor.

