

January Newsletter

Volume 1, Issue 5

The P.E. Pep Talk

Cupertino Union School District, Elementary PE Program

Problem Solving

4th-5th Whats Coming

- Hand Dribbling & Passing
- Basic Health
- Fitnessgram practice

4th & 5th Recap:

- Dance
- Balance stunts
- Jump Rope

Important Dates:

- 1/18 No School

Problems don't go away if you ignore them - in fact, usually they get worse. It's a good idea to face problems and get them sorted out as soon as you can.

Remember to

- Think** about the problem.
- Say** what you feel.
- Listen** to the other person.
- Brainstorm** solutions.
- Decide** what each one will do.
- Stick to** what you have decided.
- Talk again** if the solution is not working.

Try resolving some of the problems below using the technique mentioned to the left:

- 1 You and your friend are playing basketball. You want to shoot the ball and your friend wants to also shoot. What could you do?
- 2 Your friend is making fun of another student because of their haircut. What can you do?
- 3 A student from another class hits you with a soccer ball. What could you do?
- 4 A group of students are bragging about being the fastest students in class. What can you do?

Family Activity Time

Over the last few weeks your child has been learning different stunts that deal with strength and balance, weight transfer, and jumping and landing. There are several ways that you can help your child build on these skills. Some of the stunts that they've learned are similar to Yoga moves so if you take a Yoga class bring your son or daughter if possible.

If your family enjoys going to shows, Cirque Du Soleil is coming to the bay area in January, which would be a great opportunity for your child to see some amazing performers completing very difficult stunts. Also your child will be learning different dances. Put on some music at home and they can teach you some of the dances that they've learned in class.

