

January Newsletter

Happy New Year to everyone!

The first half of the year went by pretty fast. We did a lot things during the first half but we still have some sports to cover. The main one I will focus on this month while we are stuck inside during winter is basketball. A lot of students have been bugging me about doing basketball so it should go well and be a lot of fun.

The schedule for this month will be....

Jan. 3-11 (Games to get students back into the flow of school after the break)

Jan. 14-31 Basketball drills and games if students like it as much as I think mixed in with occasional cardio games, dodgeball games, and free days to keep it as a variety.

For 4th-6th grade our quiz subjects for each week will be:

4 Components of Fitness	Jan. 7-11
Health Problems (Stress)	Jan. 14-18
Health Problems (Colds and Flu)	Jan. 21-25
Health Problems (Concussions)	Jan. 28-Feb. 1

I look forward to a great month!

Mr. Asche