

# **October Newsletter**

*The first month and a half went by fast and went well. We are now getting into sports skills with 3<sup>rd</sup>-6<sup>th</sup> graders. We already did some volleyball at the end of September which the girls loved and I think more boys enjoyed it more than they thought they would. The K-2<sup>nd</sup> will continue working on basic skills such as throwing, running, jumping, and awareness.*

*Sports we will do this month for 3<sup>rd</sup>-6<sup>th</sup>:*

- *Beginning of the month -Football (weather permitting)*
- *End of month- Racquet sports (tennis, badminton, variation of lacrosse)*

*Health topics for 4<sup>th</sup>-6<sup>th</sup>*

- *Cardiovascular System*
- *Digestive System*
- *Endocrine System*
- *Immune System*

*Mondays will continue to be cardio Monday, Thursdays will continue to be class choice game day, and Fridays will continue to be free days outside as long as weather allows us.*

*Mr. Asche*