

Physical Education with Mrs. Jones

Welcome Cardiff Families!

I am looking forward to another fun year with your kids! I feel so lucky to be working outside, teaching P.E. in such a wonderful community! This is my 7th year at Cardiff teaching P.E. and every year I try to do new things and find new fun ways for your children to experience the benefits of being fit and healthy. Thank you for your support along the way!

Our first few weeks we will talk a lot about safety and expectations in P.E. We will talk about respect for each other and for our equipment. We will also discuss cooperation and teamwork and the importance of sportsmanship. But most importantly we will have FUN while being active and learning!

We start out the year with cooperation games and activities that teach the importance of personal space and awareness of movement in that space. We will stay fit by learning and performing strengthening calisthenics and exercises that focus on different muscle groups. We will discuss and practice skills like jumping rope, hula hooping, ball control, throwing and catching, and we will play games that support what we are learning and that keep us active. The second half of the year, we move into lead up skills that are specific to a certain sport or game all while building upon our previous knowledge from the beginning of the year. I always aim to teach in fun and creative ways, keeping everyone moving, and accommodating all skill levels and abilities!

There was one important reminder I wanted to mention. It is important to check your child's shoes and clothes that they wear to school on their P.E. day. Please check their schedule, and on the day they have P.E., make sure they aren't wearing anything they wouldn't want to get dirty and that they have appropriate shoes on for P.E.

One exciting update this year.....I have a Twitter and Instagram account for you to follow that will help you keep up with all we are doing at school in P.E.

Twitter: **@LizJonesPE**

Instagram: **@cardiffschoolpe**

I will be posting some day to day games and activities, as well as special events, and sharing fun ways we all stay fit and healthy at home. I hope you follow along!

Thank you again and looking forward to the upcoming school year!

Mrs. Jones