

Physical Education & You

GREENVALE

April 2016



Welcome back to Physical Education and You

WINTER is GONE!!!

Bring on those April showers....

Our Basketball Unit is coming to an end. Learning and practicing basketball skills is the foundation we build upon for student success.

Once we have finished our Basketball unit, we will be starting our Step Aerobics Unit. The Step Aerobics unit is an excellent way for the students to develop exercise endurance. The coordinated movements along with the rhythm of the music, also helps them to improve their agility levels.

Following Step Aerobics we will be staying with coordinating movement to the rhythm of music by beginning our Line Dancing unit. From the Electric Slide to the Cupid Shuffle, we cover them all. Maybe your children can teach you a few steps.

