



Gym

November & December 2019



A Look Back at



We can't believe how fast November went by! We have finished up our football and soccer units. It's been great working on our throwing, catching, and kicking skills. These are skills that we build upon and practice throughout the entire school year.

As we hit Daylight Savings Time early on in the month our daylight becomes shorter. This may be difficult at night in order to keep our students active. We ask that you find creative ways to keep them active through Fall and Winter seasons. A few suggestions to do are: go outside right after school while the sun is still out, use yoga apps like: c-fit yoga/kid's yoga journey, play Just Dance, or look up Health Works video on youtube. This is a great time to go out on the weekends; look into ice skating or laser tag!

Mr. Gerba's class has been working on introducing volleyball to students. We have them start using beach balls to help work on hand-eye coordination. This is a creative way to introduce these skills to students.

A Peek Ahead to



We are looking forward to December as we welcome our newest staff member Miss Aker to John Marshall. Mr. Gerba, Mrs. Dvorscak, and Miss Aker will be combining classes in December to cover a dance unit! This has become a tradition here at John Marshall to dance before winter break. We are excited to teach students dances like the electric slide, cotton eye joe, macarena, and other popular line dances.

It is also super important to exercise/go for walks during the holiday seasons. We need to be mindful of how much we can overeat or have more desserts than usual in our diet. We need to counterbalance this with movement! We hope you enjoy your winter break and we can't wait to hear about all the wonderful events that happened!

