

PHYSICAL EDUCATION

With Ms. Brayuha

NOVEMBER:

Throughout the month of November students will work on Manipulative Skills, such as **Throwing** and **Catching**. In PE, Students have already begun learning how to underhand throw and catch, and will continue learning how to under and overhand throw with various objects, to various distances. They will learn how to throw and catch while demonstrating the critical elements of a mature pattern.

RECAP OF OCTOBER:

Throughout the month of October students learned some of the Locomotor Movements that will be focused on throughout the year. Students have learned how to walk, jog, side-shuffle, skip and gallop during our warmups.

They have also continued to practice staying in personal space as well as following rules and routines of the gym. The skills and concepts practiced so far promote a SAFE and positive learning environment.



Contact Me



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