

## *Keep On Moving*

Dear Parents:

What an amazing 2018 we had not only as a school but also in our individual classes. Students should have been sharing with you their lessons on dance, gymnastics, and stretching during the rhythm unit. Right before the holiday break students were immersed in cooperative games where they practiced working together in teams. The Elf Express activity was a hit for all who participated.

Students are currently engaging in the Up, Up, Down unit. This unit is all about throwing and catching objects. Classes are learning how to throw an object underhand, overhand, volley, and catch. I hope at home you can share with them stories of your experience throwing and catching objects.

The Sunshine Run Club is well underway, currently serving first grade students. If your child is currently participating don't forget to pack their water bottles and have them in their sneakers.

Checkout last month's Kindergarten runners.



Being physically active is a great way to keep warm in this cold weather, so don't forget to Keep On Moving.

Mr. Scott  
Physical Education Teacher