



Avilla Physical Education

Volume 1, Issue 2

November 17th - November 21st

Avilla Elementary/
Middle School

6th/8th Physical Education

This will be the last week for the basketball unit. Skills that have been covered so far are:

- Ball-handling skills
- Passing
- Dribbling
- Shooting

Students have been practicing these drills and applying them to scrimmage situations like playing 3 on 3, 4 on 4, and the week playing 5 on 5 full court.

Students in grades 6th and 7th participated in the Elks Hoop Shoot, which the winners will be announced

sometime this week.

Also, every Tuesday and Thursday spend half the day doing fitness activities to help promote wellness. Please encourage your child to be active as much as possible.



DO NOT FORGET TO CHECK YOUR CHILD'S GRADE WEEKLY

Special points of interest:

* PACER TEST will be ran every Thursday in the middle school to improve cardiorespiratory endurance. When it gets warmer we will run the mile.

Elementary Physical Education

K-2

Last week the students worked on manipulative skills, tossing and catching bean bags.

3-5

This past week students participated in the Elks Hoop shoot. Winners will be announced sometime this week.