

# Maple Elementary School



## Mr. Patton's Physical Education

This has been a great year in P.E.! The students have learned so much about physical fitness, different sports games / techniques and also about nutrition. I am extremely proud on how well these students worked, the effort they put in, and the respect they've shown for P.E.

Students learned this year the different aspects of physical fitness. We used the different health components for this. We understand the difference between cardio, muscular strength, and flexibility. We do different activities to make sure we hit these 3 components and I ask the students after each lesson what components did we do today and examples of each. One of our favorite physical fitness activity is muscle music. This is when the music is playing, students do a cardio exercise (run, walk, skip, gallop, jog) around the track. When the music stops,

students have to do a muscular strength (pushups, squats, sit ups) or flexibility (stretching) exercise.

Students learned the difference between sometimes foods and daily foods. We play multiple nutrition games to see what is a good snack or meal and what we should only have on occasion. Along with nutrition, we learned techniques for different games and sports. Students learned how to throw, kick, and put compound movements together. Overall, what a great year we had for Maple P.E.!

### Contact Information

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## physical education



"every child is a winner when they try their very best!"