

# October Physical Education News Letter



## Primary

- Students have been engaged in a yoga unit.
- Through yoga, the students have been working on letter recognition and the alphabet.
- The Focus of the unit is movement exploration.

## Lower Elementary

- The Lower Elementary students have been engaged in a yoga unit.
- The focus of the unit is to introduce basic yoga poses.
- The students have also been working on non-manipulative skills including balancing, jumping and hopping.

## Middle Elementary

- The Middle Elementary students are in a yoga unit.
- The focus of the unit is to reinforce the basic yoga poses and how they relate to the body.
- The students will be able to relate yoga to their physical and mental health.

## Upper Elementary

- The Upper Elementary students are in a yoga unit.
- The focus is for the students to be able to participate in a yoga class.
- Students will be able to perform yoga poses and routines.
- Students will be able understand the benefits of yoga and how it can be used as a lifelong activity.

## Additional Information

- The next unit will be Physical Fitness Workouts.
- Please make sure the students are doing the assignments on Seesaw and Google Classroom.
- If you have any questions please contact me at [Matthew.Riotto@rcsdk12.org](mailto:Matthew.Riotto@rcsdk12.org).
- Please visit my website for additional information <https://sites.google.com/rcsd121.org/mr-riotto-pe/home>
- It has been a joy to work with students! Please look out for next month's newsletter.