

Lomax Physical Education News

Parents and Guardians,

Welcome to the 2022-2023 school year! I look forward to working with all of the Lomax students and families this year.

First, a few Interesting facts about Coach Verrill:

- I was on the fencing team and ran cross country in high school.
- I attended 3 universities: C.W. Post, SUNY Stony Brook, Nova Southeastern
- I've been teaching at Lomax for 20 years!
- My favorite sports teams are the Bucs, Rays, and the Lightning.
- I enjoy running as well as playing guitar

What Have We Been Working on in Class

We usually start each class with a warm up that includes stretching and jogging a lap. Then we regroup to talk about the focus of the daily lesson. So far we have been focusing on team building and sportsmanship through the use of game-playing. Win or loose, we always find something positive to say to the other team. We have also been working on our 4 Fitnessgram tests. Ask you child about what the fitness gram is and how they did! We used a Pulse Bar to see what happens to our heart rate as we exercise. Ask you child if their heart rate increases or decreases as they exercise.

What's Coming Up

Next we will begin to work on chasing and fleeing games such as Sharks and Minnows following that we will move into a unit on net games such as Volleyball and Toss and Catch over the net. We may even have a snowball fight!



Physical Education Classroom at Lomax

Vocabulary to Discuss at Home

- sportsmanship
- safety
- honesty
- procedures
- teamwork
- cooperation
- pulse
- beats per minute
- exercise
- heart rate
- flexibility
- Warming up
- Fitnessgram

ATTENTION FAMILIES

Questions to discuss with your children:

- How do we promote exercise and healthy eating at home?
 - What sports or games did you like to play in Physical Education class when you were in elementary school that you would like us to try?
- Email me you suggestions as it's always fun to learn a new activity!

If you have any questions about Physical Education at Lomax please contact me at:

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813-276-5569

Important Dates

11/19/22 Moffit Run for a Cure

