

Lomax Physical Education News

Parents and guardians,

It's another exciting time for Tampa Bay sports fans; the Lightning have made it to the playoffs again! Our Rays are off to a good start with some impressive wins and the Buccaneers finished off their season in the playoffs.

WHAT HAVE WE BEEN WORKING ON IN CLASS?

During the last 9 weeks we learned about *slap & wrist* shots in hockey, *putting & chipping* in golf, and water safety, including how to stay safe in a variety of situations. Students also enjoyed playing shuffleboard and horseshoes. We recently completed end-of-the-year specials testing wherein 1st-5th grade students showed what they have learned in Music, P.E., and Art. Currently, students are taking part in the *Fitnessgram* test; they are being evaluated in four areas while running, doing push-ups, curl-ups, and the sit-and-reach.

WHAT'S COMING UP?

In the last few weeks of school, Lomax Panthers will be taking part in all kinds of fun activities such as the annual *5th graders vs. Staff* kickball game. In the 21 years I've been at Lomax, our teachers have never lost! Could this be the year? In class we'll be revisiting our favorites from the year such as volleyball, soccer, and maybe even a little batting practice!



Physical Education Classroom at Lomax

Vocabulary to Discuss at Home

- sportsmanship
- safety
- honesty
- procedures
- teamwork
- cooperation
- *5 safety rules*
- Know What's Up
- Spot Red Flags
- Make A Move
- Talk It Up
- No Blame No Shame

QUESTIONS TO DISCUSS WITH YOUR CHILDREN

- Do we have a safety plan at home?
- How can I stay safe while playing outside with my friends?
- How can we stay active as a family over the summer?

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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5/22

5th Graders vs Staff
Kickball Game

