

Lomax Physical Education News

Parents and Guardians,

What an exciting time it has been at Lomax this fall and winter! The Tampa Bay Buccaneers are in first place in their division (fingers crossed they make the play-offs) and the USA Men's soccer team competed in the World Cup! We made it out of the group stage but were beaten by the Netherlands in the knockout round of 16. Closer to home, Lomax's staff team participated in the "Miles for Moffit Race for a Cure" 5K run. What an exciting event to be a part of!

What Have We Been Working on in Class

We have been working on chasing and fleeing games such as "Sharks and Minnows" and "Freeze Tag". Following that, we moved into a unit on net games such as Volleyball and Toss and Catch over the net. We even had a snowball fight with yarn balls! Soccer was next with a focus on passing, trapping, and dribbling, as well as small mini soccer games. Of course, we also checked the World Cup each class period to see which countries were still competing.

What's Coming Up?

After the holidays we will work on building stamina using pedometers we purchased through an HEF Grant. Students will be able to track steps during class and throughout the day to see just how far they move in a day, week, or even a month! We will work on football and basketball skills as well as talk about water and bicycle safety. It will be an exciting year for physical education at Lomax.



Physical Education Classroom at Lomax

Vocabulary to Discuss at Home

Volleyball Vocabulary

- serve
- offense
- defense
- forearm pass
- platform
- set
- boundaries

Soccer Vocabulary

- Pass
- Trap
- Goal
- World Cup

ATTENTION FAMILIES

Questions to discuss with your children:

- What are your favorite sports teams?
- Who are your favorite athletes?

-What sports or games did you like to play in Physical Education class or after school when you were in elementary school that you would like us to try?
Email me your 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



Left to Right: Mrs. McCreary, Coach Verrill, Mrs. Jacobsen, Ms. Kirby, Ms. Collar

