

# Blessed Sacrament School

*Dear Parent:*

*The following objectives/concepts will be addressed in your child's class during the two weeks. Specific assignments will be found in their assignment books.*

*These objectives will be posted bi-weekly to assist you in reinforcing the classroom instruction.*

## PK-3 – 8<sup>th</sup> BI-WEEKLY OBJECTIVES

Week of: January 22nd-31<sup>st</sup>, 2018

Grade PK3-8th

SUBJECT	OBJECTIVE
<b>Physical Education</b> PK3- 2 <sup>nd</sup> Grade Early Childhood	TLW <ul style="list-style-type: none"> <li>• Demonstrate Movement/Listening Skills while traveling in different ways in circle formation without bumping into others or falling;</li> <li>• Know clear contrasts between slow and fast movements during locomotor and non-locomotor skills</li> <li>• Movements of Bend and Stretch</li> <li>• Maintain balance</li> </ul>
<b>Physical Education</b> Elementary 3 <sup>rd</sup> -5 <sup>th</sup> Grade	TLW <ul style="list-style-type: none"> <li>• Demonstrate and know that practice, attention and effort are required for improved skills</li> <li>• Demonstrate Key Elements in manipulative skills such as volleying, and hand dribble games.</li> <li>• Participate in moderate to vigorous physical activities on a daily basis that develop health related fitness.</li> </ul>
<b>Physical Education</b> Middle School 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grades	TLW <ul style="list-style-type: none"> <li>• Demonstrate various step patterns and combinations of movement and sequences</li> <li>• Demonstrate traveling forward, sideways, and backwards in order to complete a beginning, middle and end.</li> <li>• Demonstrate both accuracy in basketball</li> <li>• Participate in Aerobic Activities and Strength Training</li> </ul>
<b>HEALTH MIDDLE SCHOOL</b> 6 <sup>th</sup> & 7 <sup>th</sup> Grades	TLW <ul style="list-style-type: none"> <li>• 6<sup>th</sup> Graders will be introduced to Vocabulary and Recognize, Analyze The Importance of Nutrition and Health, Nutrients, and Food for healthy living</li> <li>• 7<sup>th</sup> Graders will be introduced to Vocabulary and Recognize, Analyze The Importance of Nutrition and Health, Nutrients, and Food for healthy living</li> </ul>