4th Grade

Please make sure that your student wears comfortable clothing and sneakers on GYM days. It is extremely important for their safety.

We are currently focusing on our foot striking skills by playing soccer! Students have been dribbling a soccer with their feet at different speeds around the gym, they have tried to steal each other’s soccer balls safely, and just finished up passing a soccer ball and trapping it to a partner. Students started playing Wall-Ball soccer games to work on defending their large goal as a team, and participating in small 2v2 and 3v3 soccer scrimmages. Students will finish their unit with small sided games usinng nets in the gym as the goals.

At the end of April 4th Graders will complete their FitnessGram fitness tests for the second time this year.  The test includes a running cardiovascular endurance test, two muscular endurance tests the push up and the curl up tests, and finishes with the lower body flexibility tests.  Students goals are to maintain/improve from what they did the first time in September.