

The latest news on how OBE is getting FIT!

Hello OBE Families!

Coach Nerger, Coach Williams, and the OBE students are having an amazing start to the school year.

Even all of this rain can't hold us back from our fitness goals. Please ask your children about what they do at PE. Thank you so much for sharing your babies with us!

Lap Running

Our PE classes will start with running laps around an area of the field. Our goal is to eventually run 2 laps around the PE field. For now, we are traveling half of that distance. These kids are rocking their laps!

Physical Education Units

Grades 2-5: We are starting off with learning the proper forms of throwing and kicking.

- **Throwing:** Students rotate through stations with various targets. Each station challenges them to throw at different angles (high, middle, low).
- **Kicking:** Students play a game called "Elimination" to practice their kicking form. They also kick towards targets.

Grades K-1:

Locomotor Skills!

The students are practicing skills such as *skipping* and *galloping* while they use their general and personal space. We are playing fun games like "4 Corners" and "Musical Hoops" to practice these skills.



2nd grade students at their HIIT Stations during our rainy day Fitness Frenzy.

Other Amazing Activities

Stretching

Stretching is so important both before and after exercising. We are learning stretches for the different muscles that we are working out. The students are also learning the names of the muscles while we stretch.

Fitness Frenzy

This was our most recent activity and boy did we have fun! The students learned about HIIT (*High Intensity Interval Training*) workouts. They rotated through 6 workouts alternating 1 minute of exercise to 1 minute of rest. The stations were: *Jumping Jacks, Jumping Rope, Lunges, Squats, Push-ups, and Sit-ups*. This was such a hit that we plan to repeat it often.

Mileage Club

Once our field dries, we will start our Mileage Club days. On these days, the students will run laps. After each lap, they will get a mark on their Mileage Club cards. After each card is filled (20 laps), Toe Tokens will be earned. These are super cute tokens that the kids can wear on their special Mileage Club Lanyards that they will get soon. There will opportunities to earn all different types of Toe Tokens as the students run laps and reach goals.

Selective Play

On this day, the students choose. We will bring out lots of fun equipment to select from. Every child gets to pick what they want to do that day.



Class T-Shirt Sales

Be on the lookout for Class T-Shirt order forms. These are for every student at OBE. We use these shirts throughout the year for Field Trips, Field Day, and other fun school events. You can even wear your shirt every Friday.

Volunteers

We would love some help on our Mileage Club days and during other PE events. You must be an approved volunteer with Santa Rosa County to volunteer. Please email Coach Nerger or Coach Williams if you are interested.

Running Club

Running Club forms have gone out for grades 3-5. If your child is in grades K-2, and want to join, please send Coach Williams an email. Note: ALL club members in grades K-2 MUST have a parent present with them during Running Club.
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