

PHYSICAL EDUCATION GRADE FOUR

March, 2017

During the second term students completed units in gymnastics, fitness as well as a mini cooperative games unit. Our games unit taught the important skills of passing and receiving as well as basic rules, positioning and strategies required for successful participation.

The gymnastics unit allowed students to demonstrate creative expression, rhythmic movement as well as practice important listening and safety skills. These gymnastics activities progressively built muscular strength, endurance, flexibility and balance. Children had the opportunity to create his\her own routines which they performed in class.

Our cooperative games unit focused on teaching a variety of skills and rules as a lead-up to the following games: ultimate frisbee, volleyball and racket sports which we will focus on during our last term. Students were also introduced to outdoor fitness through hiking and walking.

Sean Kelley

Physical Education Teacher

Music Grade Four 2017

This term started with our preparations for the Christmas Concert. I was very proud of the students and I hope that you were as well. They really did a wonderful job.

Our main focus for the remainder of the term has been on learning how to play the ukulele and getting better at it. As I stated first term, this is not an easy task and takes time to grasp. That being said everyone has made tremendous progress on their instrument. That's not to say that there aren't any difficulties for some of the students but on the whole everyone has improved quite a bit. They are learning that "I can't do it" is an incomplete sentence in the music room. The sentence should be, "I can't do it...yet". The children have successfully completed Levels 1 and 2 of the program and are now in Level 3.

In addition to learning the ukulele, we took a break and completed a unit on the composer Ludwig van Beethoven. We studied a bit about his life and we also studied his Fifth Symphony. We used story, imagination and a bit of drama as we learned, so if you hear your children singing "BaNaNaNaaaa", ask them what they learned about Beethoven.

If you have any questions or concerns about your child's progress, I will be available on Thursday evening as well as Friday morning for an interview or call me if that is not convenient and we will set up a time that works for you.

Mrs. Arlene DesRoches

Music Specialist