



Gym Shorts

The 1st quarter of the school year I attempted to open the school year with 16” softball but this did not workout. So I shifted the focus to flag football and soccer. Some classes got to play flag football outside and most of the soccer unit was taught indoors. The next unit could be either floor hockey or basketball. I will follow the lead of the students on this choice for the upcoming unit.

During the 2nd quarter the gym is used for many different occasions at Solomon such as the Holiday Shoppe, science fair, etc. That is why it is important to choose a unit that does not require much set-up/equipment. Basketball and floor hockey allow for quick set-up and cleanup. In addition Grades 3rd – 8th have begun fitness testing by completing the Pacer test. Students in grades 3rd – 8th have 3 more fitness tests to complete: push-up, curl-up, and sit and reach. When students return to school in January after Christmas Break they will start the tumbling unit. This unit encompasses basic skills done on the mats, such as a forward and backward roll, cartwheel, etc. The rings and vault will be included. Each grade participates in age appropriate sequences in order to promote as much success as possible.

