



PHYSICAL EDUCATION

Mr. Quinton Agosta

2nd Trimester

As the second trimester gets underway we are all very excited for new activities in PE! As we expand on what we have learned in the first trimester, we will continue to work on **more challenging speed and agility drills**. We built a solid foundation of skills thus far and I'm excited to **expand our athletic abilities**.

We will introduce some fun plyometric jumping games during our jump rope unit, and work more on our **hand eye coordination** once we begin our volleyball phase.

This first week we have had a blast playing scatter ball, a dodgeball like game that's every person for themselves. I'm always researching new and **fun ways to improve and refine our athletic skills** and I'm looking forward to seeing the kids improve once again this trimester!