

# May Newsletter



Physical Education

Mr. Goodman  
&  
Mr. Meyers

Grades: 3,4,5

## Last Month Recap:

In the month of April we focused on volleyball and hockey.

For hockey we learned the fundamentals of passing, stickhandling and shooting.

For volleyball we learned the fundamentals of setting and forearm passing the ball.

## Video Links:

Pickleball:

<https://www.youtube.com/watch?v=fTvPYdKZq00>

Tennis:

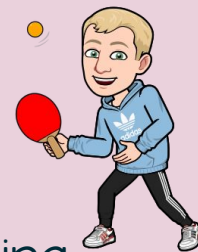
<https://www.youtube.com/watch?v=9sBLlVVsREyE>

## This Month:

We will continue working on our hockey skills in the beginning of May and will transition into racket skills later in the month. For racket sports the skills being focused on are eye hand coordination, forehand & backhand grips and basic shots. All these skills will be centered around age appropriate levels to meet the needs of all learners.

## Student Outcomes:

- Learn the performance cues for gripping, ready position, firm wrist, and striking with a flat paddle.
- Team collaboration and peer assessment
- Reception to feedback and demonstrating positive sportsmanship
- How to access pickleball, tennis courts and paddle courts in our local communities
- How racket sports increases our aerobic fitness endurance



## Pickleball Famous Athletes:



Tyson McGuffin currently holds the #1 ranking in men's pro doubles and #2 ranking ranking in men's singles.

## Tennis Famous Athletes:



Rafa Nadal won 14 Grand Slam titles, including all four of the majors, secured four victories in the national team competitions for the Davis Cup, and became a Gold Medalist during the Olympic Games in 2008.



Irina Tereschenko has been playing and coaching racquet sports for over 20 years (a veteran, one might say) and is one of the top-ranked women's professional pickleball players in the world in all three divisions.



Serena Williams a 13-time Grand Slam singles champ, two-time Olympic gold medalist and four-time Wimbledon champ