

PE Week 8

Grades 3rd-6th

Entering the last 2 weeks prior to summer, I want you to keep this in your mind, what is my exercise routine for each week during the summer. What is going to be my eating regime this summer. What is my stress relief this summer. I hope many that are considering playing sports in the future, either city or county athletic programs, such as football, basketball, softball, volleyball, soccer, and so many more, that you consider an athletic camp. There are many offered, have your parents call the local city or county recreation departments, they can be very helpful in getting you to the right programs offered. Some give assistance with the expenses, so please call and ask. Parisi School of Speed has been extremely helpful in adding to PE info for Brevard county. I highly recommend there programs also.

* Some of the best athletes in the world were not great athletes in elementary school. I want to make mention to you, as your PE teacher, and for some of you 6th graders moving on, I've been with you for 7 years, and you know I can do everything I ask you to do. I'm very athletic. But, what you might not know, I grew up as a very overweight kid. Sports did not come easy to me. I never passed the Presidential fitness Test we used to have in school back in my day. I was the slowest runner in my class. When I played football for the West Melbourne Cowboys, I had a great view from the bench, because I was overweight for the weight limit of the organization, and wasn;t allowed to play. But, I did not QUIT. Even though I did not play, I stuck it out. It built who I am today, not a quitter. If you have love for something, keeping going after it. You won;t succeed at first, but keep going. It took me years to get to where I am, and a lot of work. Grind it out each day, no matter what it is you want to achieve. Do not let anyone tell you that you can;t make it. Whatever your sport you love, do it until you own it! Practice, practice, practice! So, here is what I want to hear on the google classroom wall, or feel free to email me personally at my school email. Below is your lesson plan, plain, simple, but very important to you, and for you.

1. Write down your goals for the passion you have, specific sport, hobby, music, art etc.
2. What is your plan, are you going to develop your own plan, join a camp etc.
3. I want you to write down on a piece of paper, what your goals are, and hang that goal on the mirror you look at every morning. Keep that goal there until you reach it. Sounds

funny maybe, but I have one on my mirror right now also. It reminds me where I want to be in my sport of bodybuilding in the next year.

4. I want you to make a promise to yourself, that you will at least 5 days a week, practice that sport, hobby, whatever it might be.

5. I want you to chart some type of progress. Make a chart, and mark down your practice skills. An example is, throwing free throws with a basketball. How many can you make out of a 100. Do it everyday, chart it. When we see progress, it drives us to get better. When we don't see it, it makes us realize, we need to work harder.

6. I want you to make a promise to yourself, your parents, that you are going to work as hard as you can to reach your goals!

Grades Kindergarten-2nd

I want all parents or guardians, please explain to your child what setting a goal means. Explain to them, that in setting a goal, they will not always succeed, and that many times failing is a tool that makes them better. Explain to them that the best athletes in the world have failed, and ask them, what if they quit, would they have become the best in the world at that sport?

Have them tell you what their goals are, maybe it's sports, music, art, whatever it is. Help them create a chart, and have them make a plan to do that goal this summer. Please keep them on task doing this all summer. Have them or yourself write down that goal and post it where they see it every day. Write down on that chart their progress.

An example: if basketball is their love and passion, have them do some dribbling skills, shooting skills. Create a chart, and have them keep track each day how they did. This is a very powerful tool for anyone to use. This helps children develop that self esteem that's so important in life.