

GYM NEWS



During January we had lots of fun in gym. In keeping with the school's winter animal theme we pretended to be penguins and slid belly down on a wooden ramp. We also balanced on 'ice burgers' (mats) to cross the frozen river to the other side. We threw snow balls at the polar bears, made a snow storm with the parachute and then had a snowball fight with each other, always remembering to throw at belly, back and legs, never at face or head.

Ice skating on the tile floor in the Open Space using surgical slippers as ice skates was great fun. "Let it go", was our favorite song to sing and skate to.

We can't wait to work on ball skills in February!



Fun things to do at home this month:

- Try ice skating in your socks or on paper plates
- Play music from Frozen, "Let It Go" or "Do You Want To Build A Snowman"
- Emphasize graceful movements, skating frontwards, backwards and spinning
- Use Youtube videos of children skating as models for your children
- Join in the fun!

Happy Skating!!!
Mary