

# Physical Education News

December 2025

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## This November in PE class:

### K & 1<sup>st</sup> Grade

- Students began our Soccer Unit by learning how to dribble using the insides of their feet.
- We learned how to roll, trap, and pass a ball using our feet.
- Students have also learned how to kick a ball hard using various parts of their feet.
- We will begin our Throwing and Catching Unit in December.

### 2<sup>nd</sup> & 3<sup>rd</sup> Grade

- We have been practicing different soccer skills with our feet including using different parts of our feet when dribbling a ball.
- We have been practicing passing with a partner & have begun to shoot on a goal from different angles and distances.
- We began to play Soccer Hoopla soon. Ask your child about the game.
- We will begin our Throwing and Catching Unit in December.

### 4<sup>th</sup> & 5<sup>th</sup> Grade

- Students learned the names of the parts of the hockey stick, how to hold it properly & how to dribble a puck with control.
- We have been passing with a partner while learning how to trap a puck. We will begin to practice shooting on a goal soon.
- We began to play Hockey Hoopla.
- Students will begin to practice the Fitnessgram tests in December.

## What's Happening at PS 748 in the Health & Wellness World:

- 5<sup>th</sup> Grade students will be able to sign up for the CHAMPS morning program. Please be on the lookout for a permission slip.

### Reminders:

- Have your children wear sneakers everyday they have P.E.
- Please also wear clothes that are comfortable and that you can move easily in for PE. School Spirit Wear would be perfect.
- If you would like to discuss your child's/children's progress in Physical Education class at any time, please reach out to me at: [RNeff@schools.nyc.gov](mailto:RNeff@schools.nyc.gov)

### P.E. Quote of the month:

*"Talent wins games, but teamwork and intelligence win championships."*

- Michael Jordan