

Physical Education, Grade 2 - 5, Ms. Polegato (Ms. Elly)

Students will be playing a variety of activities and games with various pieces of small equipment.

(Little do they know that my focus will be on improving the function of their heart and lungs.)

Depending on the grade, skill development will focus on a combination of agility, directional running, dodging, sending and receiving, fitness, teamwork and communication.

"We don't stop playing because we grow old, we grow old because we stop playing."

George Bernard Shaw.