**Physical Education & Health**

**April 2017**

Boys and girls 6th grade PE classes are currently involved in Table Tennis (ping pong) and Wiffleball. In table tennis students use paddles to hit a ball over a net, in an attempt to score a point. This game is great for improving hand-eye coordination, balance, agility as well as increasing voluntary social interaction amongst their peers. The origins of Table Tennis began in England during the 1880s, where it was played among the upper-class as an after-dinner parlor game.

Wiffleball is a version of baseball/softball and it began in the 50’s when the ball was invented by David N. Mullany at his home in Fairfield, Connecticut in 1953 when he designed a ball that curved easily for his 12-year-old son. It was named when his son and his friends would refer to a strikeout as a "whiff". Boys 7th and 8th PE classes are also involved in Table Tennis singles and doubles tournaments. Game rules, etiquette and class expectations are discussed and students participate in games on their own challenging new players each class.

As the weather begins to warm up and the snow melts (hopefully!) there will be some days where we will start going outside again. Students are encouraged, strongly, to bring a bottle of water outside with them.  We also suggest they have sunscreen and sunglasses available to protect their skin and eyes.   The weather will vary and appropriate layers for cooler weather are advised.

Please remind your student to keep their belongings locked up in the locker room.  Their belongings are only as safe as they are able to use the locker and lock assigned to them.  If they have lost their lock make sure they let the teacher know so we can help them find the lost lock or get them a new lock.

Please email or call us at any time if you have any questions. You can also visit our website: [www.eastbraintreephysed.weebly.com](http://www.eastbraintreephysed.weebly.com) to learn a little bit more about us and to keep track of what your child is doing in class.

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