**Physical Education & Health**

**December 2016**

Mr. Tomassian’s 6th grade students have started a unit of Tchoukball. Tchoukball is a fairly new sport, mainly played overseas. It was invented by a Swiss biologist, Dr. Hermann Brandt. He wanted to design a game that would allow more players to succeed and avoid contact by eliminating defenders from blocking shots or passes. Instead, offensive players must throw the ball off of a rebounder; when the ball bounces off the net, defenders must catch it before it hits the ground to prevent the offense from scoring. Tchoukball is an excellent activity because it works on increasing cardiovascular endurance, hand eye coordination, agility and teamwork; it also keeps the students engaged while also allowing students to throw and shoot the ball at the net without anyone trying to defend them, creating more opportunities for success. For more information please ask your son or daughter and also visit www.tchoukball.net for videos, rules, and other information.

Mr. Tomassian and Mr. Puntiri’s 7th and 8th grade boys and girls have started a unit of Team Handball. Team Handball combines skills such as dribbling, throwing and running; and reflects more popular sports such as basketball, hockey and soccer. The sport emerged onto the world stage for the 1972 Summer Olympics in Munich. Women's team handball was added at the 1976 Summer Olympics. Using some modified rules to fit a physical education setting, students have practiced skills and are then moving into game play.

So far this school year, Ms. Emby's classes have participated in a Cooperative Games unit, a Flag Football unit, a Team Handball unit, and most recently, we have been working on a Soccer unit for the majority of the month of November. There is always an emphasis on teamwork, successful strategies, and positive communication among their classmates throughout all of our units, games, and activities. Ms. Emby's classes will be transitioning into new units for her 6th, 7th, & 8th grade classes after our Thanksgiving break.

7th grade PE have completed their Fitnessgram testing and their results will be sent home shortly after Thanksgiving break. This is the same Fitnessgram test used in 4th grade. Fitnessgram is a comprehensive health-related fitness and activity assessment and computerized reporting system. Students performed a battery of fitness tests that measure the 5 health components of fitness (cardiovascular endurance, muscular strength, muscular endurance, body composition and flexibility). We will share this data with our classes and focus our class warmups and lessons based on the results of each student and class in an effort to improve their scores when we reassess in the spring.

Please email or call us at any time if you have a question. You can also visit our website: <http://eastbraintreephysed.weebly.com/> to learn a little bit more about us and to keep track of what your child is doing in class. Have a happy Thanksgiving!

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