**Physical Education & Health**

**January 2017**

HAPPY NEW YEAR!

Mr. Puntiri and Mr. Tomassian’s students finished their basketball unit before the break and are now beginning their volleyball unit. Volleyball was actually invented a few years after basketball in a city right next to Springfield, Holyoke, MA. William Morgan, a YMCA physical education director, created a new game called Mintonette as a sport to be played indoors and by any number of players. Volleyball, as it is now known, has characteristics from [tennis](https://en.wikipedia.org/wiki/Tennis) and [handball](https://en.wikipedia.org/wiki/Team_handball). Volleyball was designed to be an indoor sport, less rough than basketball, for older members of the YMCA, while still requiring a bit of athletic effort. In class we will learn the rules and skills required to play a volleyball game. Students will learn how to keep score, set, bump and serve the ball over the net before games are played at the end of our unit. The PE teachers will be looking specifically at our 8th grade classes for students who will be selected to play in our teachers vs. students volleyball game at the Crook Games in February.

In Ms. Emby’s classes, the 7th and 8th grade girls just wrapped up their Yoga unit, while 6thgraders finished off the month of December with the game of Tchoukball! Throughout this unit, 6th graders focused on teamwork, communication, and strategies to be successful in playing the game. We had a lot of fun working on and playing the traditional game of Tchoukball, while also having the opportunity to play different modified versions of the game as we progressed through the unit.

The 7th and 8th grade girls have been learning about the history and practice of Yoga over the past four weeks, here at East! Yoga is a 5,000+ year old practice. Yoga is all about harmonizing the body with the mind and breath through the means of various[breathing exercises](https://mail.beld.com/owa/redir.aspx?C=P82waW0Aq99b9n39-fvCYx55FEMg8ICsNizfnIlErQ2DMkQxfSrUCA..&URL=http%3a%2f%2fwww.artofliving.org%2fyoga%2fbreathing-techniques%2fyoga-and-pranayama), [yoga poses (Asanas)](https://mail.beld.com/owa/redir.aspx?C=sfWZEaIAJDmfltXt7pAprdfry_0TekdrgLh60RTFa0yDMkQxfSrUCA..&URL=http%3a%2f%2fwww.artofliving.org%2fus-en%2fyoga%2fyoga-poses%2fyoga-poses-categories) and [meditation](https://mail.beld.com/owa/redir.aspx?C=DBApoZYAkftmJoFF5wVWDRhPA2JZ65faE0ws9tpXKSWDMkQxfSrUCA..&URL=http%3a%2f%2fwww.artofliving.org%2fmeditation). The main focus of this unit was to teach the girls ways in which we can incorporate stretching, meditation, relaxation, and stress-relief into our day-to-day lives and the importance of doing so. To end our unit, students were given different partner and group Yoga pose challenges to try out. The girl’s had a blast trying out different Yoga pose challenges and even had the opportunity to try out some pretty advanced partner poses!

Just a quick reminder, if your son or daughter uses an inhaler for asthma, please have them keep one in the nurse’s office at school. All students should take their inhaler before coming to PE class. Also a few dates to keep in mind, Crook Scholarship Games, Thursday February 16, 2017. Money raised from the Students v. Teachers Volleyball and Basketball games funds the David Crook Scholarship given to 2 former East Students. Also, on Thursday March 30, 2017 we are hosting the 7th grade Fit-Nut presentations. More information on the Fit Nut presentations will be sent home later. Please email or call us at any time if you have a question.

ALSO CHECK US OUT ONLINE AT: **http://eastbraintreephysed.weebly.com/**

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