



Woodrow Wilson Physical Education

Football Unit: 3rd- 5th Grade

As the NFL season kicks off, so does the football unit here at Woodrow Wilson School. Students are learning the basics about how to grip the ball, step with opposition, and release the ball when practicing their throwing and catching skills.

The students then progress to throwing at a moving target before we play small sided games such as Basket-football and 5-pass football. These games tend to create a fun, competitive, and energetic environment for our students to learn in the gymnasium.

Questions to ask your student about our football unit:

What is the name of the position in football who throws the ball?

What part of your body should be facing the target when throwing a football?

What is the part of the football that you place your fingers on called?

Why is it important to throw a "spiral."

Cooperative Games and Football Units



Movement Concepts/ Cooperative Games Kindergarten- 2nd Grade

Our students have been working on getting back into their normal routine, while adding the expectations of our school wide PBIS initiative to be safe, be respectful, and be responsible.

Students have also been working in cooperative groups completing challenges that focus on positive communication, teamwork, brainstorming, and other problem solving skills.

