



HES Specials Newsletter

MUSIC with Mr. Gilfix

Welcome Parents!

Kindergarten and Grade 1 students have been playing chords with chimes and xylophones. Kindergarten students are learning songs from the Pizza Boogie, by Joanne Olshansky. First grade students are working in small groups to create repeating movements, on-beat, to new songs and recordings. Additionally, first grade students are learning songs from the new *Feierabend Conversational Solfege* series. Thanks to Fanfare for funding this curricular material. This is a Kodaly-type approach which sequences songs according to different melodic and rhythmic challenges.

Congratulations to Grade 2 students for their wonderful performance at the Pow Wow. Second graders are now beginning to work on songs for their end-of-year concert. Their first challenge is a song which requires them to both sing and sign at the same time. Additionally, second graders are improvising on drums and xylophones

Third graders are developing vocal skills, learning to read rhythms, improvising on drums and xylophones, and learning songs,

many of which will be performed at their end-of-year concert.

Grade 4 students are working on two separate units on singing and drumming, taught in parallel: For half the class students develop vocal skills and learn songs; and for the other half of the class students work on drumming, using sticks and drum pads. Thanks, again, to Fanfare which, last year, provided both the sticks and drum pads. Grade 5 students are working on a Balfon piece; this is a multi-voice, polyrhythmic African xylophone composition. Thanks to Fanfare for providing the contrabass xylophones without which this piece could not be learned or performed. Prior to the Balifon unit, students worked on the "advance" cup game; they created rhythmic compositions in small groups using plastic cups and their own imagination.

Congratulations to Grade 5 chorus students for their wonderful performances at The Highlands Nursing Home, in Fitchburg. The concerts were showcases of fine singing and musicianship. Additionally, the residents were clearly touched by the fifth graders charm and kindness.

Art with Mrs. Harris

Happy New Year! Our big project for all grades in December was making Holiday cards for my nephew and his colleagues in Baghdad! He and all the soldiers that received these cards were very grateful! To kick off the New Year in the art room we have begun many projects:

- 5th-Plaster Mask Making (look for letter sent home)
- 4th- "Painting with Paper" magazine collage
- 3rd- "Impressionist" (pointillism) drawings
- 2nd- "Birds of Prey" drawings & paintings
- 1st- "Snowman" drawings and paintings



Media

Mrs. Harvey

Students in all grades continue to develop their critical thinking skills during Media as they use both the library and computers to access and assess information. Ongoing media lessons include how to use Microsoft Word, Powerpoint, and other common applications, developing good keyboarding skills, and how to best use available technologies. 5th grade students worked in groups to research and create some incredible slideshows on how to use the Internet properly. Students in 4th grade used a search directory (www.askforkids.com) to research a holiday, and then created some impressive reports using MS Word. Media additionally allows students

the opportunity to integrate technology with their regular curriculum. Following are a few examples; for more information please see the technology integration links posted under Documents on the HES website, or check out my classroom web page, also linked to the HES site.

Gr. 1: Counting games at www.learningplanet.com

Gr. 2: Virtual owl pellet dissection at www.kidwings.com

Gr. 3: Tangrams at www.abcya.com

Gr. 4: Electric circuits at www.andythelwell.com/blobz

Grade 5: Virtual art with the Collage Machine at www.nga.gov/kids

Guidance News from Mrs. Reale

We will be hosting a Winter Carnival for the school on Friday, February 15 from 11:15 – 2:45. There will be six different activity stations for students to enjoy and we will be having a pizza party in their classrooms. A notice will be sent home and families will receive a Connect-Ed call as a reminder the night before. We are all very excited to participate in this community building event! Teachers will also be asking for parent volunteers to assist with making this a fun day for all the students.



Physical Education News from Mrs. Kelley



BEEF. Students were to focus on being **balanced**, having **elbows up**, **eyes** looking up and **following** through when shooting.

Mini games (3 vs. 3) of ultimate basketball were played to culminate the unit. In these games students were challenged to make three passes to their teammates without dribbling. The focus was to have the offense create passing lanes and get into open spaces. Once

students were able to make three passes without double dribbling and traveling students were then able to add dribbling. Defense players were encouraged to make it difficult for the offense to get open and receive passes. Shooting was then added to the game. Three passes needed to be made before a team could shoot. These mini games gave practice time for dribbling, passing and shooting. All students were able to actively participate in three on three mini game situations.

Students also used the steps to do step aerobics while throwing, catching and dribbling balls. This was a great way to practice ball-handling skills and get a cardiovascular workout.

In January students will be learning basic volleyball skills. All skills will be learned first with beach balls then with volleyball trainers. Volleyball

trainers are larger than a regulation sized volleyball and lighter. Using modified balls helps students learning the skills using proper technique. Students will learn how to set, bump and serve. Modified games and activities will be used to teach the basics of the game of volleyball.

Grade 3

Third graders have been busy practicing ball skills in relation to basketball. Much time was spent on dribbling. Students were challenged to dribble in a self-space using both their right and left hands. Dribbling in a self space with eyes closed was a challenge but an important skill to practice to ensure safety when dribbling throughout the gym. Focusing on not always looking at the ball and looking where one is going was emphasized throughout all activities. Fun active tag like games were played to give ample practice time for dribbling. Students were also taught chest and bounce passes. Targets were used on the walls and floor to help teach proper technique when learning these passes. Keep away games were played to emphasize getting into open space and practice passing skills. Students were also given opportunities to practice shooting. Hoops were lowered giving students the opportunity to shoot using proper form, which promotes a higher rate of success.

Grade 4 and 5

Students in 4th and 5th grades have been working on skills related to basketball. Basic ball handling drills were practiced emphasizing the proper technique of dribbling. Students were encouraged to practice dribbling using their dominant as well as non-dominant hand. Using targets on the wall students worked on chest passes. Students practiced proper form for bounce passes by trying to bounce the ball to a milk cap on the floor. One point was scored for touching the cap and two points if the cap flipped over. For a more advanced skill students were challenged to dribble and pass the ball to their partner. The focus was for the receiver to receive the pass and not stop jogging. The passer's challenge was to throw a catch-able pass to the moving target. Students also practiced shooting trying to improve on proper technique using

A favorite game played called "musical steps", similar to musical chairs but with no elimination, gave everyone a great aerobic workout. Students were also challenged to dribble as they traveled around aerobic steps trying to not be the one left without a step. Hearts were pounding and lungs were working overtime!

For the month of January third graders will be practicing striking skills using hands and implements. Students will use balloons as well as beach balls to practice striking skills. Students will be challenged to strike beach balls over and under nets. Also students will use short and long paddles to practice striking skills.



Second Grade

Second graders were busy learning dance steps for the annual Pow Wow, which was held the first week of December. Congratulations to all second graders who made the Pow Wow a great success. The Pow Wow began with a traditional Native American Entrance dance. Our second graders danced in proudly showing their shawls and t-shirts that they had made in art class. Then the second graders performed the canoe dance, which involved staying in a small group to symbolize a canoe. The girls performed a shawl dance and the boys created

their own dance demonstrating how the native Americans hunted or fished. Throughout all the movement pieces you could hear the beautiful voices of our second graders singing songs, which they learned in their music class. The Pow Wow ended with a traditional Round Dance where all family and friends were invited to join us to culminate our Pow Wow. The students had worked very hard in their p.e. classes to learn the movements and it showed in how well they performed.

In December the second graders worked on throwing and catching skills used in basketball. Playground balls were used to teach proper technique and that students could make successful catches. Second graders were challenged to catch in their hands only. In second grade some students are still catching with their arms and pulling the ball up with their body. The goal is for second graders to catch using their hands only, as if they were going to clap.

Targets were used on the wall to teach proper form for the chest pass. Stations were used for students to practice dribbling, passing, catching and shooting skills. Musical steps (see third grade news for description) was also played and enjoyed by all.

In January second graders will review the theme of force, strong and light. They will use balloons to demonstrate their understanding of the difference

of these forces. Beach balls will also be used to practice striking skills. Students will practice different ways to strike a beach ball in open space and over and under the volleyball nets. We will also practice striking with short and long implements.

Sneakers

If you have any good used boy's sneakers size 5 and up and would like to donate them for PE classes it would be greatly appreciated. Sneaker donations can be brought to the gym at any time.

Kindergarten and First Grade

Expressing our feelings with movement was one of the focuses for kindergarteners and first graders. Students were asked to show different emotions such as sad, happy, mad, surprised, scared, etc. with only their faces. They were then asked to add hands and feet. Not being able to use their voices was a challenge! Then the students acted out pretend situations in which they needed to show how they would feel. They pretended that they lost their favorite toy; they



got a new pet, etc. Many stories were used like, Dr. Seuss's "My Many Colored Days" and "Today I Feel Silly" by Jamie Lee Curtis. The children enjoyed bringing movement to these stories.

Ball handling skills such as throwing, catching and dribbling (with hands) was also taught. The focus in throwing is to always take a step when throwing the ball. A two handed throw similar to the chest pass in basketball was introduced. Targets were used on the wall. Catching the ball from the wall was challenging, but the focus was to try to catch the ball with fingers spread wide. Dribbling with one hand was also practiced. Trying to push the ball with our finger pads and not slap at the ball was a challenging skill. All students would benefit from practicing throwing, catching and dribbling skills at home.

In January the theme is force: strong and light. We will be doing a lot of pretending that allows for us to change the amount of force we use. We will be bubbles floating lightly, elephants marching strongly, etc. Balloons will be used to introduce striking as well as reinforcing the concept of force. We will practice striking the balloons with our hands and other parts of our bodies. Students will be challenged to strike in all directions. Changing the force of our strike will also be practiced. Students will also have an opportunity to strike beach balls over and under the volleyball nets.



Field Day Dates

Our annual Field Days will be held as follows:

Grades K-2 Thursday June 5 (Rain Date Monday, June 9)
All afternoon kindergarteners are invited to attend. More details to follow.

Grades 3-5 Tuesday, June 3 (Rain Date Tuesday, June 10)

We do need parent volunteers. If interested there will be a form sent home in April.

This issue—and previous issues—of the HES Specials Newsletter can be viewed online at www.psharvard.org

Kids Fit Classes & Red Cross Babysitting Classes:

The P.E. department is offering before and after school programs through our Spectrum program. If you didn't see these programs in the Winter Spectrum Brochure and you would like to register your child please call Judy Cavanaugh at 456-4118.

Kidsfit Grades K and 1:

Mondays

3:15 – 4:30 P.M.

Feb. 4,11,25, March
3,10,17,24,31

Kidsfit Grades 2-5

Mon. Wed.

7:50 – 8:40 A.M.

Jan. 14,16,23,28,30, Feb.
4,6,11,13,25,27 March
3,5,10,12,17,19,24,26

Red Cross Babysitting

Must be 11 years old by March 25th

Tuesdays

3:15-4:45

Jan.,29, Feb.5,26, March
18,25, and
1 class TBA

