

Gym Shorts

4th Grading Period

By: Mrs. O. Arthur
Physical Education Teacher

Kindergarten, 1st and 2nd Grade Physical Education

The units and skills practiced this grading period were: Jump Rope- strengthens basic skill technique; Physical Fitness Testing- indoor dash, shuttle run, sit-ups, push-ups and standing broad jump; Scooters- development of different muscle groups; and Games- of a different variety ending the school year. A certificate is given to all students after each unit.

3rd and 4th Grade Physical Education

The units and skills introduced and practiced this grading period were: Jump Rope- stations that consist of forward, backward, long-swing/turn, skip-it sticks, chinese, skip-its, jump bands and skip sticks; Physical Fitness Testing- indoor dash, shuttle run, sit-ups, push-ups, standing broad jump; after testing pedometers were attached and steps were counted around the gym; and Baseball- overhand throw, underhand pitch, batting and catching.

5th and 6th Grade Physical Education

The units and skills introduced and practiced this grading period were: Jump Rope- stations that consist of forward, backward, long, double dutch, chinese, skip-its, skip sticks, jump bands and skip-it sticks; Physical Fitness Testing- indoor dash, shuttle run, sit-ups, push-ups, pull-ups, standing broad jump, after testing pedometers were attached and steps were counted around the gym; and Baseball- overhand throw, underhand pitch, batting and catching. Teams chosen for Baseball were: 5th Grade- Colorado Rockies, Texas Rangers, Boston Red Sox, LA Dodgers, Minnesota Twins, New York Yankees, San Francisco Giants and Pittsburgh Pirates; 6th Grade- Pittsburgh Pirates, Atlanta Braves, NY Mets, Detroit Tigers, Los Angeles Dodgers, Arizona Diamondbacks, Boston Red Sox, LA Angels of Anaheim and New York Yankees.

25 Homeruns

25 homeruns earned by homerooms for the last grading period: Mrs. Lowe, Mrs. Spenik, Mrs. Sather, Mr. Rowe and Mrs. Favo.

Sports Report

Some interesting sports news read daily during the first minute of class:

1. Louisville Cardinals Men and Connecticut Huskies Women win the NCAA basketball championships.
2. Jarvis Jones- from the University of Georgia was the Pittsburgh Steelers 2013 first round draft choice.
3. Riverview Boys Baseball Team and Girls Softball Team qualified for WPIAL Play-offs Class A.
4. Penn Hills native George Karl named NBA coach of the year.

10th Street School Record Holders

Indoor Dash	G. Wagner & J. Kelly (6.97 sec)	G. Gaynor (7.03 sec)*
Shuttle Run	M. Medved (9.71)	I. Komaniak (10.19 sec)*
Standing Broad Jump	N. Fogarty (7'11")	Kathleen Joyce (7'6")
Sit-ups	E. Hong (66)	O. Shields (64)*
Push-ups	E. Hong (425)	M. Entwisle (61)*
Pull-ups	E. Hong (30)	N. Kurzawa (12)*

* New School Record

Physical Fitness

All students receive a certificate for their hard work in achieving their best scores. Top scorer in each grade boy and girl will also receive a ribbon.

	1 st Grade	2 nd Grade	3 rd Grade
Indoor Dash	L. Abraham C. Hoolahan	T. Billet A. Bauer	M. Entwisle I. Ahmed
Shuttle Run	L. Abraham L. Johnson	T. Billet L. Migely	L. DeRiso I. Ahmed
Standing Broad Jump	L. Abraham M. Kaizer	H. Polesiak L. Migely	M. Entwisle O. Kadylak D. Cecere
Sit-ups	A. Orbin J. Loughren Tyler Green	H. Polesiak L. Migely	M. Entwisle I. Ahmed
Push-ups	L. Abraham N. Bradley	H. Polesiak A. Bibza L. Migely	M. Entwisle I. Ahmed

	4 th Grade	5 th Grade	6 th Grade
Indoor Dash	A. Sykes A. Ciorra	G. Gaynor C. Conroy	I. Komaniak J.D. Sykes
Shuttle Run	K. Zatawski G. Deasy	G. Gaynor J. Sullivan	I. Komaniak J. Massack
Standing Broad Jump	S. Volpe A.J. Corrado	G. Gaynor D. Marsh	I. Komaniak J. Massack
Sit-ups	B. Tekely G. Deasy	O. Shields R. Rider	I. Komaniak C. Hudack
Push-ups	L. Novikova J. Migely	K. Phillips N. Catanzaro	C. DeBacco T. Mastrocesare
Pull-ups		A. Bateman N. O'Toole J. Sullivan	N. Kurzawa T. Harrison