

I.S. 237 Magnet School for the Arts



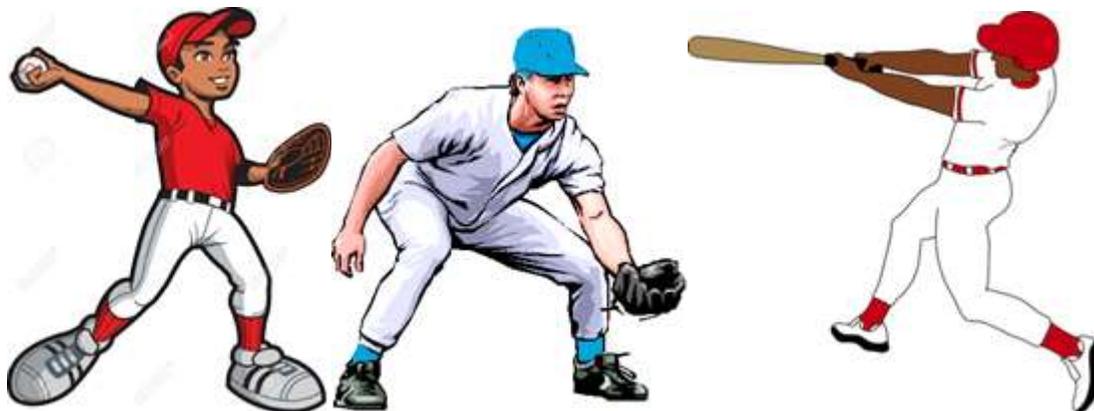
May & June 2018

Physical Education Newsletter

- Judith Friedman, Principal
- Carla Brathwaite, Assistant Principal
- Stephen Galizia, Assistant Principal
- Jeannine Strong, Assistant Principal
- Susan Braverman, Spec. Ed. Advisor

Physical Education Teachers:

- Mr. Cook
- Ms. Marley
- Mr. Santa Maria



Softball Unit For 6th and 7th Graders

Hello 6th and 7th Grade Parents.

This is a newsletter from the Physical Education Department at IS 237. We finished our Soccer unit this week and are currently going to start a Softball unit. We are reviewing skills that most students have practiced before. The two most important skills are throwing and catching. We will also be learning to pick up ground balls and catch high pops using two hands. Students will also be encouraged to bring in their own baseball and softball mitts.

Cognitively, students are learning what bases to throw to when the ball is hit to certain areas. The students are also learning offensive skills like batting stance and how to strategize their hitting to certain parts of the field. The teachers in our department will be using different types of balls and bats to meet the needs of the various skill levels for all students at IS 237.

As you may know already, softball and baseball are offered as a PSAL sport at most high schools and is a sport that is among the best to improve cardiovascular fitness. Feel free to email your child's physical education teacher if you have any ideas on how to increase engagement and skill acquisition during this softball unit. Participation with your son or daughter outside the gymnasium is also a great way to increase their skill level in baseball or softball. Look for baseball fields where your child and you can practice outside of school: throwing, catching and batting activities. Again, we always welcome any suggestions or feedback you are willing to provide us with to make your child's experience in physical education a positive one.

Some good instructional videos for baseball and softball to watch with your child include:

[Fundamentals of Batting](#)

[Throwing and Catching](#)

Football Unit For 8th graders



Hello 8th Grade Parents.

This is a newsletter from the Physical Education Department at IS 237. We finished our Softball unit this week and are currently going to start a Football unit. We are reviewing skills that some students have practiced before and introducing several new ones. The two most important skills are throwing a football with proper form and learning the basic rules of the game. Students will also be learning how to catch passes as a wide receiver and how to play proper defense.

Cognitively, students are learning offensive and defensive strategies, including how to run several pass patterns on offense and how play defense with “person to person” coverage versus zone coverage. The students are also learning how to work cooperatively on offense and defense to maximize their success in gameplay.

As you may know already, football is offered as a PSAL sport at most high schools for boys and is a sport that is among the best to improve cardiovascular fitness for both boys and girls. Feel free to email your child’s physical education teacher if you have any ideas on how to increase engagement and skill acquisition during this football unit. Participation with your son or daughter outside of our physical education class is also a great way to increase their skill level in football. Look for football fields where your child and you can practice outside the gym: throwing, catching and kicking activities. Again, we always welcome any suggestions or feedback you are willing to provide us with to make your child’s experience in the gymnasium a positive one.

Some good instructional videos for football to watch with your child include:

[Wide Receiver Pass Patterns](#)

[Football Rules for Beginner](#)