



Quarter 2, 2017 Week 5 Summary

On Wednesday the students met at the YMCA and participated in learning the basics of pickle ball (similar to tennis but played with large paddles and whiffle balls on a smaller court). Students learned to volley, serve and attempt to keep the ball in play. Several of the students began the session with fairly good racket skills, demonstrating strong eye-hand coordination, and many of the students improved tremendously as the practice session progressed.

Many thanks to Sue, Mia's mother and tennis coach, who stayed and assisted in guiding and coaching the students in the fundamentals of pickle ball! After our practice session, the students stretched then reviewed some of the content on fitness and nutrition covered thus far this quarter.

****Next week Important Reminder****

On 11/29 we will be back at the Worner Center. Students will need to bring in their completed secret gift exchange forms to draw a name for the 12/13 gift exchange. Along with the gift exchange, family members are invited to participate in a holiday potluck. Please join us and bring a favorite dish to share on December 13th! Parents, siblings, and other family members are welcome to join in on the celebration. Paper goods, flatware, and drinks will be provided.