



What's New in P.E. Discovery Lab with Coach Kono!

At the beginning of the New Year, we always focus on fitness. Some students may notice adults setting resolutions to begin exercising. It's also great timing to build students' endurance with **Dolphin Dash** just around the corner on February 8th!

My goal during this time is to introduce exercising to students as a fun way to do something good for themselves and enjoy being healthy. All grades do fitness relays and some version of an exercise circuit which really gets their heart rates up and their muscles working. It is gratifying to see the students work so hard and enjoy what is one of the students' favorite P.E. activities of the year!



After our fitness activities, we transition into jump rope, which continues to build students' cardiovascular endurance while focusing on jumping, turning, and timing skills. By the time **Dolphin Dash** arrives, students are excited about exercising and ready to embrace the challenge of running all those laps!

At this year's **Dolphin Dash**, top running classes in each grade will earn the opportunity to choose their activities in P.E. with me! In addition, individual students who have

completed a minimum number of laps at the **Dash** (based on their grade level) will be recognized with their names posted on the P.E. **Superstars** bulletin board next to the stage at school.

Once **Dolphin Dash** is over, we slow it down a bit and learn some tumbling skills. Students who have never tried to do a forward roll before get a chance to find their inner acrobat, and third graders have a chance to test their core strength and balance by attempting tripods.

During the Spring, we focus back on some of the more traditional big sports skills like basketball and hockey dribbling, passing and shooting, and t-ball hitting, throwing, and catching.

Before the school year comes to a close, we make

a point to enjoy using as much of the other specialty equipment we have on hand, like various paddles, platform stilts, team walking skis, and scooter boards. We are so fortunate at Solana Highlands to have the most amazing equipment provided for us by the Foundation. (Thank you, Foundation!) I also spend some time introducing students to the fun games they will get to play on Field Day.

There's so much fun and learning to be had in P.E. Discovery Lab at Solana Highlands, and I'm grateful to be a part of it!

-Coach Kono



*Have you set up your child's Dolphin Dash pledge page with PledgeStar, yet?
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