

Lomax Physical Education News

Parents and Guardians,

What an exciting time it has been at Lomax this fall and winter! The Tampa Bay Buccaneers are in first place in their division (fingers crossed they make the play-offs). The Tampa Bay Lightning are doing well and, closer to home, for our 4th year in a row, Lomax’s staff team participated in the “Miles for Moffit Race for a Cure” 5K run. What an exciting event to be a part of! Not to mention our whole school field trips: bowling at Pin Chasers and a USF Women’s Basketball game.

What Have We Been Working on in Class?

After working on chasing and fleeing games such as “Sharks and Minnows” and “Freeze Tag,” we moved into a unit on net games such as Volleyball and Toss-and-Catch over the net, including a snowball toss with yarn balls! Soccer followed with a focus on passing, trapping, and dribbling. We then worked on some football skills and learned how to play shuffleboard.

What’s Coming Up?

After the holidays, we will work on building stamina using pedometers we purchased through an HEF Grant. We are also going to spend some time learning about water and bicycle safety.

Important News!

Representatives from the Tampa Bay Buccaneers will visit Lomax in February to teach the 3rd-5th grade students how to play football! Keep an eye out for more information after winter break!



Physical Education Classroom at Lomax

Vocabulary to Discuss at Home

Vocabulary

- Overhand throw
- Underhand throw
- Bump
- Set
- Dribble a basketball
- Dribble a soccer ball
- Pass
- Trap
- Kick a soccer ball

ATTENTION FAMILIES

Questions to discuss with your children:

- What are your favorite sports teams?
- Why is it important to eat a healthy diet?
- Why is it important to get some form of exercise each day?

- What sports or games did you like to play in Physical Education class or after school when you were in elementary school that you would like us to try?
- Email me your suggestions as it’s always fun to learn a new activity!

If you have any questions about Physical Education at Lomax, please contact me at:

greg.verrill@hcps.net
813-276-5569



Left to Right: Ms. Kirby, Mrs. Jacobsen, Coach Verrill, Ms. Pamela, Mrs. Denise

