

Physical Education:

Students in Pre-K through 2nd grade will continue to master locomotor skills while learning about how exercise benefits their heart. Grades 3 through 5 are learning and practicing components of health-related fitness (flexibility, cardiovascular endurance, muscular strength and endurance, and body composition).

Exercise of the month: October's Exercise of the Month is the squat, and the Stretch of the Month is the Hip Flexor Stretch. Ask your child to show you their plank position and cobra pose- September's Exercise and Stretch of the Month.

Art:

Students will be continuing to make artwork that overlaps with other curriculum topics.

Music:

Students will be focusing on steady beat in PreK - 2nd grades. Students in grades 3-5 will be focusing on rhythm and working toward creating their own music.

Media:

Students are beginning to checkout books in K-5. We will be focusing on fiction and non fiction and the use of both types of books. Book Fair will be the last week of October.

Technology:

Students will be alternating between Learning.com and Code.org. In [learning.com](https://www.learning.com), they will be working on digital literacy and keyboarding.

In Code.org, they will be learning to use basic computer coding.