



# CLINTON ATHLETICS

Clinton St. Health and Physical Education: [jonathan.ball@tdsb.on.ca](mailto:jonathan.ball@tdsb.on.ca)

## WELCOME BACK CLINTON STUDENTS!

- I hope all of you had a fun and active summer. Did you spend lots of time outside? Did you get at least 60 minutes of active movement every day? Did you eat big yummy healthy breakfasts? Mr. Ball did!
- REMEMBER TO BRING PROPER GYM SHOES/GYM CLOTHING TO SCHOOL. STUDENTS *MAY NOT* PARTICIPATE IN GYM WITH SANDALS. Tie that long hair back and bring a water bottle too!
- New this Year! **The Clinton Athletic Association** for Grade 5&6 students who wish to referee and coach house league sports. Also: **Scottish Highland Games** (November) and **The Clinton Running Club** (late Fall)
- PS: Don't forget to check the sports board (near the office) and the [Clinton Athletics Page](#) ([www.clintonpublicschool.ca](http://www.clintonpublicschool.ca)) for up-to-date information about sports and games at Clinton.
- Terry Fox Run September 19th



Clinton St. School  
460 Manning Ave  
(416) 393-9155

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### Clinton Team News

- ☺ **The Clinton Cross-Country Running Team** begins soon (grades 2-6). Sign up: first week of school.
- ☺ Coaches: Mr. Ball
- ☺ Practice times T.B.A

## Physical Education

September is **Cooperative Games** month in the gym.



## Healthy Living

Healthy living helps students develop an understanding of the factors that contribute to healthy development, and a sense of personal responsibility for life-long health.

The health curriculum is broken down into four units: Injury Prevention and Personal Safety, Healthy Eating, Substance Use, Addictions, and Related Behaviours, and Human Development and Sexual Health.

[www.edu.gov.on.ca/eng/curriculum/elementary/health.html](http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html)

### House League News

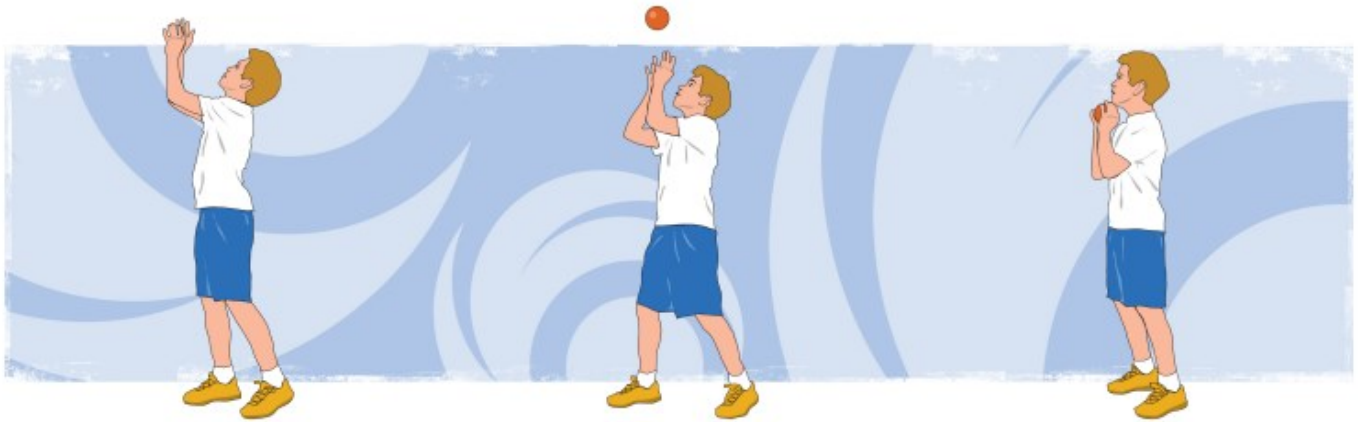
- ☺ House league sports will begin in October. There are typically three divisions: Grade 1&2, 3&4, 5&6. Stay posted for details.



## Catch

Movement Skills

Receiving an object with the hands.



- Keep eyes on the incoming object
- Move body into the path of the incoming object
- Make a target with the hands to receive the object—thumbs in for objects above the waist, thumbs out for objects below the waist
- Receive the object by “cushioning” it into the body

## Balance (Stork Stand)

Movement Skills

A balance on one-foot with the sole of the non-supporting foot placed against the calf or thigh of the supporting leg.



- Keep the head up and focus on a stationary object for balance
- With the back straight, shift the weight slightly to the support leg
- Raise the arms to the side for balance
- Raise the non-support leg and place the foot on the calf or thigh of the support leg with the knee bent and pointed out to the side
- Hold