



# THE SCHOOL at COLUMBIA UNIVERSITY

## FIRST GRADE WELLNESS 2008/2009

The First grade Wellness curriculum will include a review of motor skills and health concepts presented in Kindergarten as well as an expansion of those and concepts and an introduction of new ones. Though the students have already practiced their basic locomotor skills such as running, hopping, and galloping, they will review these movements and begin to use them in conjunction with other gross and fine motor skills and in more complicated situations. Students will add the use of implements, like the paddle, to their repertoire of striking skills and begin to use a partner as a target for their tossing, catching and striking/kicking skills. Students will also their understanding of healthy living through nutrition games, feelings discussions, and journal writing.

Students work will be focused on cooperation, positive communication, and self-control. It is important for First graders to leave the world of "only me" and open their eyes to the possibility of working productively with others. Though we will continue practicing individual skills and concepts, the students will also be working with partners and small groups to develop an understanding of teamwork and cooperation.

First grade Wellness classes will also reinforce the concepts being taught in the classroom to give the students a broader view of the ideas. For instance, we will be studying the connections between "home" and "personal space" and how a home and the body are related, both in structure and needs.

This upcoming year will be filled with lots of learning, movement, and fun. We look forward to working with your First grade student!

Sincerely,

Laura Walrath and Dely Francisco  
First Grade Wellness Teachers