

# Physical Education News

Franklin Upper Elementary

Week of AUGUST  
28 – SEPTEMBER 1,  
2023

## COUNTRY LINE DANCING

This week students will be learning about classic country line dancing. Students will learn two of the most popular country line dances: “5-6-7-8-” and “Achy Breaky”. They will also learn and practice several new line dances such as the “Cha-Cha Slide”.

Standards: 1 – Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity

4 – The physically literate individual exhibits responsible personal and social behavior that respects self and others

5 – Exhibit responsible personal and social behavior that respects self and others in physical activity settings

### HEALTH:

4<sup>th</sup> – Distinguish between communicable and non-communicable diseases (C1)

5<sup>th</sup> – Discuss how the body’s defenses work against diseases (C1)

6<sup>th</sup> – Explore ways health promotion reduces healthcare costs (C1)



## Calendar/ Events

September 4 – Labor  
Day



Franklin Upper  
Elementary  
Coach Trout  
Coach Barnes

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