

MCKELVIE INTERMEDIATE SCHOOL

4TH QUARTER INTRAMURAL ACTIVITIES

Fourth Quarter Intramurals will begin Monday, April 14th and run through Friday, May 30th. No meetings 4/21–4/25 and M 5/26, no school days. Activities that will be offered this quarter are: McWhippitt Lacrosse, Wellness Walking, Basic Cheerleading Skills, Target Archery, Square Dancing, Runners Club, and a Visiting Artist teaching Weaving.

Students will need to submit a permission slip to their homeroom teacher during the week of April 1 – 9, in order to participate in an Intramural activity. Permission slips are available on the Bedford School District web site, or hard copy in the McK cafeteria on the stage.

MCWHIPPETT LACROSSE INTRAMURALS will run before school on Tuesdays and Thursdays from 8:00 – 8:40 am. The program will include basic drills and learning the rules of Lacrosse in a modified version. This will be a non-contact game. Plastic molded McWhippett sticks and eye goggles are provided. Mouth guards are a smart idea, but not required. Parent drop off at the County Road canopy area. Students need to meet in the gym prepared to play promptly at 8:00 am. We will be going outside as a group when the weather permits.

Instructed by: Mr. Hale

INTRAMURAL WELLNESS WALKING Tuesdays and Thursdays from 3:30 – 4:15 pm. Meet in the gymnasium hallway for the first meeting.

Rides prompt at the County Road canopy at 4:15 pm, PLEASE.

Wellness Walking with or without pedometers may involve:

1. Walking laps around the track.
2. Walking to the Bedford Memorial Town Pool and ball park areas.
3. Trail walking: pertaining to a 1 mile to 1 1/2 mile trail mapped out covering the McKelvie complex.
4. Perimeter walking: pertaining to a map within the outer perimeter of McKelvie school mapped out in a 1/2 mile track.
5. Inside walking throughout McKelvie School, upstairs, downstairs, and in the hallways when the weather not good for outdoor activity.

Instructed by: Tuesdays – Mrs. Fencil & Mrs. Johnson
Thursdays – Mrs. Stewart & Mrs. Waldman

INTRAMURAL BASIC CHEERLEADING SKILLS Mondays and Wednesdays from 3:30 to 5:00 pm in the gymnasium. Rides need to be prompt at 5:00 pm at the County Rd canopy area.

PLEASE NOTE THAT THIS IS A BASIC SKILLS PROGRAM AND IS NOT INTENDED FOR ADVANCED CHEERLEADERS.

Have you ever thought about being a cheerleader but were afraid to try it? Have you cheered before, but feel as if your skills need some improvement? Here is your chance to shine! Girls & boys are invited to participate in Basic Cheerleading Skills intramural offering during the 4 quarter. You will learn the fundamentals of cheer; arm motions, jumps, forward rolls and cartwheels to counts. Conditioning and stretching exercises will be taught. You will also learn a cheer and a dance that will be performed for your parents at the last session.

Instructed by: Mrs. Kelliher

TARGET ARCHERY INTRAMURALS Tuesdays and Thursdays from 3:30 – 4:30 pm. Learn the basics of target archery with 20 –25 lb. recurve bows. All equipment provided. Meet in the hallway outside the gymnasium. We will setup and break down the shooting range each day. Rain will cancel this activity. Bug repellent and hooded sweatshirts recommended. Parent pickup prompt at the County Road canopy area at 4:30 pm. If we encounter a large number of sign ups, students will be assigned dates to be able to participate.

Instructed by Ms. Caron and Mrs. Cowette

SQUAREDANCING Friday mornings 8:00 – 8:40 am. Learn and practice the do-sa-do, promenade, swing your partner and the other square dance basic moves in this co-ed activity. All you need is an upbeat attitude and will to have fun! Parent drop off at the front of the building. Students meet in the gym at 8 am.

Instructed by Ms. Caron

RUNNERS CLUB INTRAMURALS Monday & Wednesday 3:30 to 4:30pm.
Meet in the gym prior to going outside. Students will be working out both inside and outside, weather permitting.

Prepare for the Middle School cross country and track teams. This activity is for those athletes who are serious about learning to run properly, increase your endurance and improve your speed. You will meet two times a week to work on running technique, strength and speed training while improving your stamina. Appropriate clothing and proper running shoes are a must.

Instructed by: Mrs. Gaiser. Instructor assisted by: Mrs. Wardwell

Mrs. Libbi Gaiser is a Certified Childhood Fitness Specialist. She has been running competitively for many years, in marathons as well short races. She has also trained children in the area; helping them improve there times, strength and stamina so that they can excel on area teams.

VISITING ARTIST TEACHING WEAVING We are delighted to offer a great opportunity for McKelvie students to make weavings with the visiting artist, *Anne Marie Piantedosi*. She will run the 3 workshops in the art room number 28. Students will learn how to make fun book marks made from yarn, called Book Buddies. Each workshop will take place on three consecutive Tuesdays from 3:30 to 4:30 pm. Please commit to all 3 dates in the workshop in order to complete the craft.

Workshop #1 April 8, 15, 29 (Tuesdays) from 3:30 – 4:30 pm.

Workshop #2: May 6, 13, 20 (Tuesdays) from 3:30 – 4:30 pm.

Workshop #3 May 27, June 3, 10 (Tuesdays) from 3:30 –4:30 pm.

Instructed by: Mr. Flint