

Mid September

News From Health Club

Things we are learning...

All grades going over Health Club rules and procedures and playground activity break games, rules, and procedures.

1st and 2nd grades will focus on space awareness along with appropriate locomotor and manipulative skills.

1st and 2nd grades will also be working on throwing and catching skills.

3rd will work on soccer manipulative skills and 4th and 5th will start off with the Fitnessgram as a "pre-test".

On daily activity breaks, students are also learning how to play Ultimate Frisbee. Feel free to ask them about the game and how it is played!

As always, we work on healthy lifestyles and fitness education!

Healthy Tips

This is a great article on the importance of physical activity!

<http://well.blogs.nytimes.com/2013/09/18/how-physical-fitness-may-promote-school-success/>

Note from the teachers...

Please make sure your child wears or brings the proper shoes to participate fully and safely. Please check the schedule on the website to see what days your child has Health Club and to read more about our program.

Thank you for the time and we appreciate any feedback or questions you have have!