

November News

From Sumpter Health Club

Things we are learning...

With Basketball season starting for some of our students, we are going over the rules and fundamentals of Basketball!

Students should know all the critical elements to dribbling, what the acronym "BEEF" stands for, 3 different types of passes and more! If you want, be sure to have them show and or tell you what they have learned!

On daily activity breaks, 5th grade students are learning how to play the tactical invasion game "Capture the Cone" Feel free to ask them about the game and how it is played!

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

Be sure to check out the Jogathon video and our "Gotcha" section on our website!

<http://sumpterelementaryhealthclub.weebly.com/>

Healthy Tips

It's starting to get VERY cold and wet out. Please make sure to send a coat with your student to wear outside during activity breaks.

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 may have!