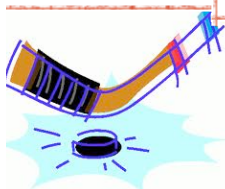
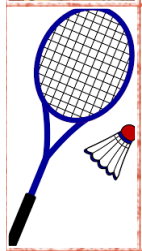


Trimester 2 Physical & Health Education News

2015



It is a pleasure
and an honor
teaching your
children!

Physical Education

Team:

MR. GARCIA
MS. MARTIN
MR. O'BRIEN
MS. RICHTER
MR. WATTS



PHYS. ED

Students have been hard at work this trimester in physical education. While focusing on the importance and benefits of daily physical activity, students learned a variety of movement skills, concepts, and strategies. Throughout each unit, students learned about the value of demonstrating good sportsmanship and teamwork. Jump Rope for Heart 2015 was a huge success. Thanks to your support, we raised over \$23,500 for the American Heart Association. Thanks again and great job everyone!

HEALTH

During health education this trimester, students continued exploring how the choices we make affect our health and well-being. We learned about various nutrition topics including the new MyPlate guide to healthy eating, the essential nutrients, food labels, and the importance of eating healthy, balanced meals. We also discussed the importance of practicing personal safety and refusal skills.



PHYSICAL EDUCATION

During the 2nd trimester, students explored movement through the following units...

- badminton
- speed stacking
- soccer
- fitness fun
- floor hockey
- rope jumping

HEALTH EDUCATION

During the 2nd trimester, students focused on the following concepts in health education...

- Nutrition
- Personal Safety





Made on a Mac