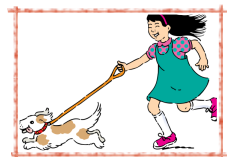




### Summer Health & Safety Tips:

- apply sunscreen every few hours
- wear a helmet and pads when riding a bike or skating
- stay hydrated
- never swim alone



### WAYS TO STAY ACTIVE THIS SUMMER ACTIVITIES:

- swim
- bike ride
- roller-blade
- play catch
- run through the sprinkler
- play at the park
- walk your dog



## PHYSICAL EDUCATION

DURING THE THIRD TRIMESTER, STUDENTS CONTINUED TO WORK ON IMPROVING PERSONAL FITNESS THROUGH A VARIETY OF GAMES AND OTHER ACTIVITIES. STUDENTS HAD THE OPPORTUNITY TO REFLECT ON THEIR AREAS OF STRENGTH DURING OUR SPRING FITNESS TESTING. FITNESS TESTS HELP PROVIDE STUDENTS WITH INFORMATION ON THEIR PERSONAL FITNESS LEVELS IN A VARIETY OF AREAS INCLUDING CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGTH & ENDURANCE, AND FLEXIBILITY. SECOND THROUGH FIFTH GRADE PHYSICAL EDUCATION STUDENTS PARTICIPATED IN AN IN-HOUSE ROLLER SKATING UNIT, WHILE KINDERGARTEN AND FIRST GRADERS WORKED ON THEIR LOCOMOTOR AND MANIPULATIVE SKILLS. THIS TRIMESTER STUDENTS ALSO EXPLORED MOVEMENT THROUGH RHYTHM AND DANCE. STUDENTS NOT ONLY LEARNED A VARIETY OF DANCES, BUT THEY CREATED AND PERFORMED THEIR OWN GROUP DANCES AS WELL.

## HEALTH EDUCATION

IN HEALTH EDUCATION, OUR FOCUS HAS BEEN ON THE IMPORTANCE OF MAKING HEALTHY CHOICES AND HOW THESE CHOICES AFFECT OUR HEALTH AND WELL-BEING. DURING THE THIRD TRIMESTER, STUDENTS LEARNED ABOUT THE IMPORTANCE OF BEING ENVIRONMENTALLY FRIENDLY.



Have a summer filled with plenty of fun and physical activity!

Physical Education Team:

Mr. Garcia  
Ms. Martin  
Mr. O'Brien  
Ms. Richter  
Mr. Watts





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