



PHYSICAL & HEALTH EDUCATION NEWS

TRIMESTER 2 2017

Physical Education

Students have been hard at work this trimester in physical education.



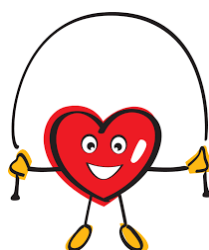
While focusing on the importance and benefits of daily physical activity, students learned a variety of movement skills, concepts, and strategies. Throughout each unit, students learned about the value of demonstrating good sportsmanship and teamwork. Jump Rope for Heart 2017 was a huge success.



Thanks to your support, we raised over \$18,500 for the American Heart Association. Thanks again and great job everyone!

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

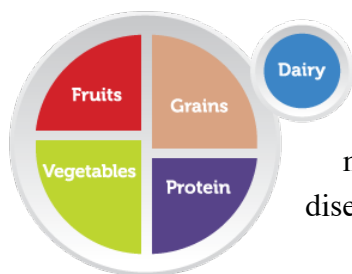
- Bowling
- Volleyball
- Badminton
- Speed Stacking
- Basketball
- Rope Jumping



Health Education

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 MyPlate guide to healthy eating, the essential nutrients, food labels, and the importance of eating healthy, balanced meals. We also discussed the importance of making good hygiene choices to help prevent disease.



It is a pleasure and an honor teaching your children!

Mr. Garcia, Ms. Martin, Mr. O'Brien, Ms Richter, Mr Watts, & Mr. White

