



PHYSICAL & HEALTH EDUCATION NEWS

TRIMESTER 2 2019

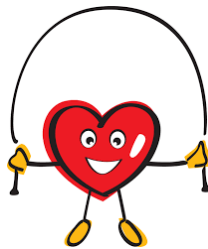
Physical Education

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. The Kids Heart Challenge was a huge success. Thanks to your support, we raised over \$16,000 for the American Heart Association. Thanks again and great job everyone!



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

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



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 and the importance of eating balanced meals.



It is a pleasure and an honor teaching your children!

Mr. O'Brien, Mrs. Messina, & Mr. Christoffers

