



# January



# NEWSLETTER

FROM THE DESK OF: Add Text Here

WEEK OF: Add Text Here EMAIL: Add Text Here

## CLASS INFORMATION

Make sure you know your gym days. With snow always being a possibility in the month of January, we want to make sure you know your gym days. Knowing your gym days means you will have your sneakers and you will be able to fully participate in class.

Example: Pretend Jan 7<sup>th</sup> is a Day 1 and you have Gym on Day 1 and 3. Jan 7<sup>th</sup>, we get a snow day. That means Jan 8 would then become Day 1.

## CURRICULUM

Time to finish up our Basketball Unit. That means our top scores will be going on our bulletin board in our hallway. Check it out to see if you are a class or school leader in foul shots or free throws!

We will be moving on to our Bowling Unit! This happens to be a favorite of a lot of you so remember to bring your sneakers!

## REMINDERS

Remember only bring your jackets and coats if we make an announcement saying to do so. We have limited space in the gym so it helps to not bring anything extra down with you.

## IMPORTANT DATES

Next month is Jump Rope for Heart! We will be doing some extra jumping to get ready for the big event!



# December

# NEWSLETTER

FROM THE DESK OF: Mr. Molnar and Mr. Morales

WEEK OF:

EMAIL:

## CLASS INFORMATION

As the seasons change and the weather starts to get colder, we will be staying in the gym. That means you do not need your jackets or coats but you still need your sneakers. We know a lot of you like to wear boots to school but you must have a change of sneakers to participate in Physical Education. Some of you have already done this so keep up the great work!

## CURRICULUM

Last month we concluded our Football Unit and even had some fun playing Speedball! We will be starting up our Basketball Unit this month, first on the agenda is skill station work(dribbling, passing, shooting, etc), which will be followed by some games.

## REMINDERS

As the days get colder and we can't go outside as often, find ways to be creative and get some exercise and keep moving. Challenge yourself with pedometers or Fitbits! See how much you can move in a day. Even doing chores around the house or playing interactive moving video games or participating in yoga routines with a smart TV. Stay active and keep moving!

## IMPORTANT DATES

Winter break is around the corner! The holiday season is upon us, which means this tends to be the time of year we over eat. Remember what you learned about too much sodium and sugar and try to make good decisions. Yes, it is ok to treat yourself once in a while on a special occasion but not every day.