

La Vega Intermediate Physical Education News



What We're Learning

This month we are learning the basic skills of jumping rope and football. Jumping rope is a low-impact cardio exercise that can provide many benefits, including cardiovascular health, strength, balance and coordination. Football is a team sport that teaches you how to work together towards a common goal. It also helps you learn to communicate, respect and support each other.

We will begin our Mileage Club this month as well. Each week, your child will have the opportunity to walk/run and scan their laps. They will be able to see the progress they are making in real time. Your child will love seeing their mile levels increase.

Calendar / Events

Oct 7-11 Fall Break
Nov 11 Student Holiday
Nov 25-29 Thanksgiving
Holiday
Dec 19 Early Release
Dec 20 Student Holiday
Dec 23-Jan 3 Christmas
Holiday



Physical Activity / Fitness

Popular Physical Activities for October

Jumping Rope
Biking
Running
Raking Leaves
Pumpkin Picking



P.E. Teachers

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