

November P.E. News La Vega Intermediate



What We're Learning

This month we are learning the basic skills of hula hooping and kickball. Hula hooping is a great form of cardio exercise that can improve your heart health and cholesterol levels. Hula hooping tones your abdomen and tightens your waistline. The average person burns about six calories per minute of hula hooping. Hula hooping requires you to maintain your posture and core stability, which can help improve your balance and coordination.

Kickball promotes cardiovascular health, as it involves running, kicking, and fielding, which engage various muscle groups. The game helps develop strength, balance, and coordination, while also providing a fun way for students to stay active and healthy.

Calendar / Events

Nov 11 Student Holiday
Nov 25-29 Thanksgiving
Holiday
Dec 19 Early Release
Dec 20 Student Holiday
Dec 23-Jan 3 Christmas
Holiday
Jan 6-8 Student Holiday
Jan 20 Holiday

Mile Club Totals

4th Grade 327.03 miles
5th Grade 300.81 miles
6th Grade 190.90 miles

Soreness is Good.

It's one step towards improvement!

Physical Activity / Fitness

Popular Physical Activities for November

Running
Cycling
Weightlifting
Dancing
Hula Hooping

P.E. Teachers

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