

December P.E. News La Vega Intermediate



What We're Learning

This month, we are learning the basic skills of soccer and will focus on dribbling, passing, kicking, and trapping skill development. Soccer is a great way to stay active, improve cardiovascular health, build muscle and endurance, and enhance coordination and agility. Soccer teaches valuable life skills like teamwork, leadership, communication, resilience, and problem-solving, which can be applied to other areas of life.

We will start the "Fastest Class in the School" Challenge. Each homeroom class will compete against each other to see which class is the fastest. We will announce the winning class in the next newsletter.

The body achieves what the mind believes.

Calendar / Events

Dec 19 Early Release
Dec 20 Student Holiday
Dec 23-Jan 3 Christmas
Break
Jan 6-8 Student Holiday
Jan 20 MLK Holiday
Feb 12 Student Holiday
Feb 13-17 Winter Break

Mile Club Totals

4th Grade 890.7 miles
5th Grade 836.12 miles
6th Grade 403.73 miles
Total = 2,130.55 Miles

We want to wish you all a wonderful holiday season with your families. Merry Christmas!

Physical Activity / Fitness

Popular Physical Activities for December

Soccer
Indoor Rock Climbing
Ice Skating
Brisk Walking
Hiking

P.E. Teachers

Coach Kreder

michele.kreder@lavegaisd.org

Coach Brown

james.brown@lavegaisd.org

School Phone:

254.299.6770

