

January P.E. News

La Vega Intermediate



What We're Learning

For the month of January, we are repeating some of the student's favorite games we have already played. We can build on the skills they have learned and start to talk about more advanced concepts involved in team play. This is especially important before we start to learn the skills needed to play team sports. We will continue to work on improving our aerobic capacity, muscular strength, muscular endurance, flexibility and body composition getting students ready for the yearly FitnessGram Assessment.

All classes competed in the "Fastest Class in the School" Challenge and the winning class was Mrs. Rodriguez's 5th grade class.

"Every winner was once a beginner."

Calendar / Events

Jan 6-8 Student Holiday
Jan 20 MLK Holiday
Feb 12 Student Holiday
Feb 13-17 Winter Break
Mar 10 -14 Spring Break
Apr 18-21 Easter Holiday

Mile Club Totals

4th Grade 1152.34 miles
5th Grade 1007.7 miles
6th Grade 511.68 miles
Total = 2671.72 Miles

Happy New Year!!! Wishing you all good health, happiness, and success.

Physical Activity / Fitness

Popular Physical Activities for January

Running
Biking
Ice Skating
Sledding
Hiking

P.E. Teachers

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