

# February P.E. News

## La Vega Intermediate



### What We're Learning

February is HEART month! Students will learn about keeping their hearts healthy. Heart disease is the leading cause of death in the United States. Encouraging healthy habits from a young age can help prevent heart disease later in life.

Students will learn the basic skills of basketball focusing on ball handling, dribbling, passing, and foot work. They will also participate in the Jump Rope Ninja Challenge earning different belt colors for their jumping abilities.

FitnessGram - Students have been practicing their curl-ups and pushups for the state mandated test. Students should be practicing their pushups and curl-ups at home each night. We encourage each student to perform at least 15 curl-ups and 10 pushups on the test. If your child can do more, that is awesome!

The winner of the "Fastest Class in the School" Challenge in January was Ms. Turner's 4<sup>th</sup> grade class. Congratulations!!

**"Every winner was once a beginner."**

### Calendar / Events

Feb 12 Student Holiday  
Feb 13-17 Winter Break  
Mar 10 -14 Spring Break  
Apr 18-21 Easter Holiday  
May 22 Last Day of School - Early Release

### Mile Club Totals

4<sup>th</sup> Grade 1606.77 miles  
5<sup>th</sup> Grade 1374.83 miles  
6<sup>th</sup> Grade 744.2 miles  
**Total = 3725.8 Miles**

### Physical Activity / Fitness

Popular Physical Activities for February

- Biking
- Running
- Basketball
- Dancing
- Hiking

### P.E. Teachers

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