January P.E. News

La Vega Intermediate

What We're Learning

For the month of January, we are focusing on the skills of volleyball. Volleyball builds physical skills (agility, strength, coordination, heart health) and crucial life skills (teamwork, communication, leadership, trust, discipline) in a fun, adaptable, low-contact setting. It improves overall student well-being, mental focus, and social development.

Students will continue to work on improving their aerobic capacity, flexibility, muscular strength, muscular endurance, and body composition for the yearly FitnessGram Assessment. 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!

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

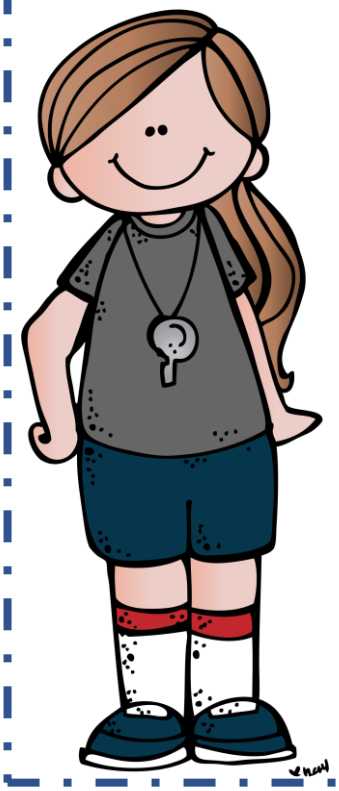
Calendar / Events

Jan 5-7 Student Holiday
Jan 14-15 Fastest PE Class Challenge
Jan 19 MLK Holiday
Feb 2 Kids Heart Challenge Kickoff
Feb 11-16 Winter Mini-Break

Mile Club Totals

4th Grade 1,465.75 miles
5th Grade 1,859.14 miles
6th Grade 677.28 miles
Total = 4,002.17 Miles

For the 1st Semester, students' total miles ended them up in the Indian Ocean, southwest of Australia!!



Fun Fact

The name "muscle" comes from the Latin word for "little mouse" (musculus), because the Romans thought that the bicep muscle looked like a little mouse.



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