



DEERFIELD ELEMENTARY

Falcon Free Press Physical Education Newsletter



Issue #1

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August/September, 2023



FIZZ ED says...



DEERFIELD PE ON THE WEB

- Please visit my PE Website at...
- www.PhysEdRocks.weebly.com

IMPORTANT DATES:

- **First Day of School:** 8/28—Half-Day
- **No School:** 9/1 & 9/4 for Labor Day
- **9/7** Curriculum Night
- **9/14** Fall Picture Day & Early Dismissal (Teacher PD)
- **9/22** Deerfield FUN RUN
- **9/29** Half-Day (Teacher PD)



physical education



Physical Education Motto: "You're not fully educated until you're physically educated!"

Welcome to the 2023-2024 School Year!

Hello and welcome to the 2023-2024 school year at Deerfield Elementary!

This monthly newsletter is where I can leave you a message as to what is happening in your child's PE class during each month of the whole school year.

This newsletter will be published monthly and can be found on the PE website @ www.PhysEdRocks.weebly.com.

P.E. NOTES

The focus for August and September in PE will be PE class rules, rituals and routines, along with safety, space awareness, locomotor skills, fitness, & some manipulative skills.

I'm looking forward to a wonderful school year with our friends at Deerfield!

Go Falcons!

Why Physical Education?

ENCOURAGES PHYSICAL ACTIVITY FOR LIFE	HELPS PREVENT STICKENESS AND DISEASE
PROVIDES AN OUTLET FOR CREATIVITY AND SELF-EXPRESSION	Builds Self-Confidence
DEVELOPS COOPERATION & TEAMWORK	PROVIDES OPPORTUNITIES FOR PERSONAL GOAL-SETTING
INCREASES PERSONAL FITNESS AND MOTOR SKILL DEVELOPMENT	HELPS REDUCE STRESS & ANXIETY
BOOSTS ACADEMIC LEARNING	STRENGTHENS RELATIONSHIPS WITH OTHERS



Important Information/Tips from Mr. Stabnick

The most important thing the children need for PE class is comfortable athletic shoes. Please make sure your child has athletic shoes that are closed heel and toe with non-marking soles and that they are comfortable and securely tied. Students who come to PE class without the proper footwear will have two options, one would be to borrow gym shoes from Mr. Stabnick and if they do not want to borrow, they will be asked to sit out and not participate for the day. Open heel or toe shoes, flip-flops, sandals, dress shoes, and even boots do not have the proper foot and ankle support needed for certain activities in PE. I want all students actively participating in PE class as this is a big part of their grade, so please make sure they have their "gym shoes." All students are recommended to wear comfortable clothes on PE days as well. Constrictive clothing makes it hard to move and participate in PE. I look forward to a great year with your children! Go Falcons!