



DEERFIELD ELEMENTARY

Falcon Free Press Physical Education Newsletter



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FIZZ ED says...



DEERFIELD PE ON THE WEB

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

IMPORTANT DATES:

- **Santa Breakfast:** 12/3
- **Winter Recess:** 12/25-12/29
- The most important thing needed for PE...**GYM SHOES!**

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

Happy Holidays!

GRADES 3-5

For the month of December students in Grades 3-5 will work on Personal & Social Behaviors while participating in activities through Adventure Education curriculum where students will work with others (teamwork) to accomplish tasks. Adventure Education is a way of doing; it is not just an activity in and of itself. A class becomes an adventure for students if there exists an element of surprise, if activities compel them into doing things they have never imagined possible. Adventure exists when there is engagement, and engagement comes from providing students with experiences that are unique and relevant to real life situations. Adventure includes challenge – moments when students are on the brink of both success and failure, and where they both succeed and fail. Adventure is about taking risks – not necessarily physical risks, but emotional and "apparent" physical risks, where students see the natural consequences before them. Student participants will have moments full of surprise and laughter. They will be able to do activities in such a way that they have "a-ha" experiences – discovering how powerful they are in this world,

and how to enjoy being physically active. Adventure Education is not reinventing the wheel of physical education; it is meant to supplement the current P.E. curriculum. Adventure adds new activities, and a twist, to teaching and learning that students and teachers will find exhilarating and powerful. Adventure is an effective tool that will enhance the physical education experience and learning for students and teachers alike because it requires communication, and a sharing of ideas and opinions from each and every student. Therefore, Adventure Education promotes 100% participation and lets everyone in physical education get involved and feel like they are part of a group.

GRADES TK-2 & SAILS

For the month of December students will continue working on Manipulative activities learning how to throw and roll underhand at set targets along with learning and working on overhand throwing at set targets.

We will continue to work on P.E. class cue words that help them understand what to do and when to do these movements when instructed with our "Follow Directions Game."

Why Physical Education?

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



Important Information/Tips from Mr. Stabnick

5 Ways to Keep Your Child Physically Active This Winter

Whether it's by playing a sport, participating in PE class, or even just running around the playground, physical activity is a critical part of your child's growth and development.

Unfortunately, physical activity often lags during the cold winter months when children are cooped up indoors. Here are some suggestions to stay active during the winter months...

1. Turn chore time into [fun] exercise time. Pick an exercise to do after each chore is complete.
2. Make screen time a physical activity. Since COVID-19 average screen time is up 500%. Stand up instead of sitting.
3. Get moving with free workout videos. YouTube, GoNoodle, Kidz BOP have plenty of fun stuff for kids to do.
4. Slow down the pace with Yoga. It has many physical and mental health benefits.
5. Brave the cold (safely, of course) and get outside and play in the snow! Go sledding, build igloos, or build snowmen.



physical education

