



DEERFIELD ELEMENTARY

Falcon Free Press Physical Education Newsletter



Issue #5

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FIZZ ED says...



DEERFIELD PE ON THE WEB

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

IMPORTANT DATES:

- **Mr. Stabnick's Birthday:** 1/12
- **No School MLK Day:** 1/15
- **Half-Days:** 1/18 & 1/19
End of 1st Semester
- The most important thing needed for PE...**GYM SHOES!**



physical education



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

Happy New Year and Welcome Back!

GRADES 3-5

For the month of January students in Grades 3-5 will continue working on trust, teamwork and cooperation activities. The curriculum comes from Project Adventure.

The activities that we will be involved with will have students working together as partners, and/or a group or groups to accomplish a task or several tasks that continually get more challenging.

These activities are designed to let the students think of ways to complete their tasks and they could end up failing. If they fail, it is discussed what they could do better next time to accomplish their tasks through group questioning called "Debriefing."

GRADES TK-2 & SAILS

For the month of January students will continue working on Manipulative activities moving toward learning how to throw overhand 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 STRESS 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

IMPORTANT INFORMATION REGARDING GYM SHOES!

With winter here and snow arriving, students will normally wear boots to school. Please remember your P.E. day and bring gym shoes in a separate bag or backpack. Boots are not safe for P.E. Activities and they leave marks all over the gym flooring.

Thank you for your cooperation!