



# DEERFIELD ELEMENTARY

# Falcon Free Press

## Physical Education Newsletter



Issue #3

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FIZZ ED says...



### DEERFIELD PE ON THE WEB

- Please visit my PE Website at...
- [www.PhysEdRocks.weebly.com](http://www.PhysEdRocks.weebly.com)

### IMPORTANT DATES:

- No School Election Day: 11/7
- Thanksgiving Break: 11/22-24
- P/T Conferences: 11/2 & 11/6
- The most important thing needed for PE...GYM SHOES!



physical education



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

## Manipulative Skills & Movement Concepts

### GRADES 3-5

For the month of November, students in Grades 3-5 will be working on manipulative skills while playing some fun, competitive games called *Toxic Blast*, *Team Thunderball*, *Hula Hut Battle* and *Hula Hut Throwdown* as well as *Battleship* and *Alien Spaceship Battle!*

### GRADES TK-2 & SAILS

For the month of November students in TK-2 and SAILS will be working on the manipulative skill of underhand throwing while playing games called *Flip the Hoop*, *Lord of the Rings*, and *Pin Down*.

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 to do so, with my 'call and response' game called "*The Follow Directions Game*."

### Why Physical Education?

ENCOURAGES PHYSICAL ACTIVITY FOR LIFE	HELPS PREVENT STROKE 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

When choosing snacks for your little ones, use these guidelines:

### S.N.A.C.K.—

- S—Simple:** made without a lot of added salt, sugar (especially high fructose corn syrup), or fat.
- N—Nutritious:** fruits, vegetables, nuts, low-fat dairy foods, and whole grain foods make healthy snacks.
- A—Available and affordable**
- C—Colorful:** choose colorful fruits and veggies whenever you can
- K—Kid size:** keep portions small

### Quick Snacks:

Graham crackers, whole-grain crackers w/cheese, nuts (almonds & walnuts), fresh fruit & vegetables, applesauce, 100% fruit juice, 100% veggie juice, popcorn, whole-grain goldfish crackers, low-fat yogurt, rice cakes, and cheese sticks