

DEERFIELD ELEMENTARY

Falcon Free Press

Physical Education Newsletter



Issue #2

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FIZZ ED says...



DEERFIELD PE ON THE WEB

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

IMPORTANT DATES:

• Family Dance: 10/4

Early Release: 10/19

Half-Day: 10/27

No School: 10/30 & 10/31

Fall Break

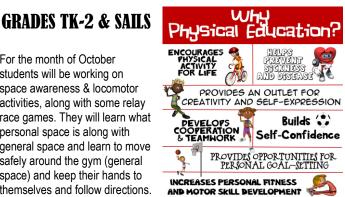
The most important thing needed for PE...GYM SHOES!

Fitness Challenge / Locomotor Movements & Relays

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

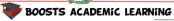
For the month of October For the month of October students in Grades 3-5 will students will be working on participate in the Falcon Fitness space awareness & locomotor Challenge. This is a fitness activities, along with some relay pre-assessment for data. The race games. They will learn what fitness challenge assesses personal space is along with speed & agility, muscular general space and learn to move strength and endurance. safely around the gym (general flexibility, and cardiovascular space) and keep their hands to endurance. The 5 fitness themselves and follow directions. assessments this year will be Shuttle Run (Speed & Agility),

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."



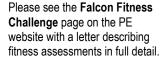
HELPS REDUCE STRESS & ANXIETY

STRENGTHENS RELATIONSHIPS WITH OTHERS









Curl-Ups & Forearm Plank

(Muscular Strength and

Endurance), Sit & Reach

(Flexibility), and PACER

(Cardiovascular Endurance).

GRADES 3-5

Important Information/Tips from Mr. Stabnick

5 Tips for School Success

Want to improve your grades? Have more fun at school? Or just leave the house in the morning without being frazzled? Here are 5 tips for getting the new school year started on the right foot!

- Get on a good sleep schedule. Go to bed at the same time each night and wake up at the same time each morning. You need 9-10 hours of sleep per night.
- Cut down morning madness. Set out your clothes, shoes, schoolbag the night before so you don't forget anything.
- 3. Eat breakfast. A recent study showed that children who eat breakfast are more likely to stay at a healthy weight.
- 4. Find a quiet, comfortable spot to do homework.
- 5. Organize your time. Think about how you will juggle school, homework, and any clubs or sports you may have. Keep a schedule to stay organized.

