



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!**



physical education



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

Fitness Challenge / Locomotor Movements & Relays

GRADES 3-5

For the month of October students in Grades 3-5 will participate in the **Falcon Fitness Challenge**. This is a fitness pre-assessment for data. The fitness challenge assesses speed & agility, muscular strength and endurance, flexibility, and cardiovascular endurance. The 5 fitness assessments this year will be Shuttle Run (Speed & Agility), Curl-Ups & Forearm Plank (Muscular Strength and Endurance), Sit & Reach (Flexibility), and PACER (Cardiovascular Endurance).

Please see the **Falcon Fitness Challenge** page on the PE website with a letter describing fitness assessments in full detail.

GRADES TK-2 & SAILS

For the month of October students will be working on space awareness & locomotor activities, along with some relay race games. They will learn what personal space is along with general space and learn to move safely around the gym (general space) and keep their hands to themselves and follow directions.

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 STICKINESS 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

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!

1. **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.
2. **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.