



# THE PHYSICAL EDITION

April 2020

<http://tbepe.weebly.com>

Physical Education  
Mrs. Gray & Mrs. Zaragosa  
336-3675 ext. 63765



## Kids Heart Challenge



We collected \$15,273.63 this year for the American Heart Association. This is the highest amount ever raised at TBE.

Way to go Thunderbolt students!!



Hello TBE families.

First of all, we miss spending time with and teaching all of our TBE students and hope everyone is healthy and safe. We are taking things one day at a time just like our TBE families and looking for the best way to communicate with everyone. We will utilize our PE website ([tbepe.weebly.com](http://tbepe.weebly.com)), Facebook, PE newsletter and our new Google Classroom.



## Run/Walk Information

Many students have set goals they were hoping to achieve this year and we would like to give them the opportunity to keep working on these. We will accept up to 2 miles per week from students. Parents can email us or send pictures/videos (we love seeing the pictures) as proof their child/children have run/walked these miles. These should be submitted weekly and we will be inputted each Monday for the previous week. Once these miles are entered, we will only accept miles for the next week.

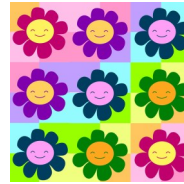
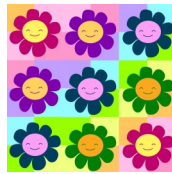
In regards to the Fun Run medal some kiddos were hoping to earn, we will add 2 virtual runs for the Tie Dye /Earth Day Run and the Run to the Sun Fun Run. These are both 1 mile runs. Students will have a specific time frame to complete these and again each must be verified by a parent in the same manner as the weekly miles. Students will have March 29 - April 5 to complete the Tie Dye/Earth Day Run. A date for the Run to the Sun Fun Run will be set at a later time.

Don't forget, 60 minutes every day.

Please let us know if you have any questions, and as always, stay healthy and safe.

Mrs. Gray ([annette.gray@myoneclay.net](mailto:annette.gray@myoneclay.net))

Mrs. Zaragosa ([chrystal.zaragosa@myoneclay.net](mailto:chrystal.zaragosa@myoneclay.net))



### Nutrition and Exercise Challenge

- \*Complete monthly nutrition and exercise challenge (look at PE website for more info. and for paper guitar)
- \*Fill out the paper guitar stating challenge was completed and return to the cafeteria or to a PE teacher. If school is not open yet, please email to Mrs. Gray.
- \*Names will be drawn each month for a small prize
- \*At the end of the year, one name will be drawn for a bicycle



### April Challenge:

**Exercise Challenge:** How many times can you jump rope? See how many you can do in 1 minute, once a week to get your 60 minutes of physical activity each day.

**Nutrition Challenge:** Celebrate Dairy Month with us during the month of April. Choose a fat free or low fat milk to drink. Choose fat free or low fat yogurt or cheese as snacks to get your calcium and vitamin D!

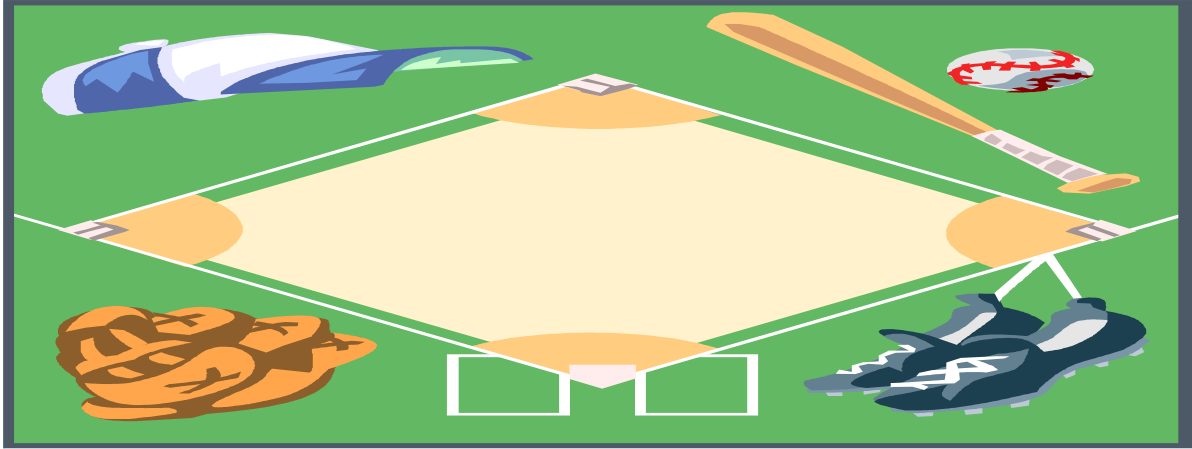


See page 3 of this newsletter for a copy of the paper guitar to be turned in.





*Please cut out & bring to the cafeteria at the end of the month:*



\_\_\_\_\_

(name)

participated in the 18th Annual  
“Fuel Up to Play 60-School Lunch:  
What’s on Your Playlist?”

Nutrition & Exercise Challenge for  
the month of: \_\_\_\_\_.

Parent or Representative signature: