



THE PHYSICAL EDITION

December 2019

<http://tbepe.weebly.com>

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

Sportsmanship

Dates to remember:

Return paper guitar for Nutrition/Exercise Challenge	12/3
Jingle Bell Fun Run (Green Cove Springs)	12/7
River Road Resolution Fun Run	1/11

Definition: 1. The qualities and conduct befitting a sportsman or sportswoman. 2. One who follows rules of a contest and accepts victory or defeat graciously.

If you are a good sport:

- ...you respect the right of others
- ..you respect the property of others
- ...you contribute to the group
- ...you respect the feelings of others
- ...you interact with others in a positive way

What's New?

*Students in grades 4-6 have the opportunity to try out for our Thunderbolt Track Team. After the break, we will select 4-6 grade students to represent TBE in our Clay County Track Meet in March

*Students in grades 3 –6 are now participating in flag football activities. This tends to be their favorite PE unit of the year.

*K-2nd grade students are participating in their favorite chase, flee, and dodge game: Grinch Tag.



We wish everyone happiness during the holiday season and throughout the New Year
Mrs. Gray & Mrs. Zaragosa



Don't forget your tennis shoes on PE days!!!! They are required in order to participate.



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

*Names will be drawn each month for a small prize

*At the end of the year, one name will be drawn for a bicycle

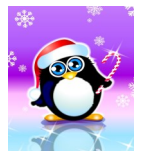
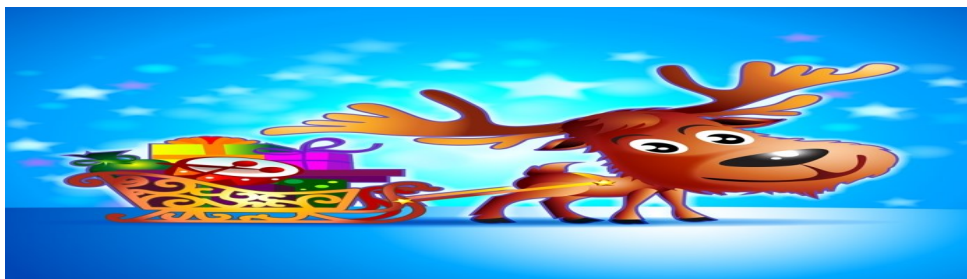
December Challenge:

Exercise Challenge: See how many sit-ups you can do in 1 minute, 3 days a week as part of your 60 minutes of physical activity each day.

Nutrition Challenge: Breakfast is the first chance to fuel your day! Eat breakfast every day this month.



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



HAPPY HOLIDAYS



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: _____