



THE PHYSICAL EDITION

February 2020

<http://tbepe.weebly.com>



Kids Heart Challenge



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

We will start preparing for our annual Jump Rope for Heart/Kids Heart Challenge event. The younger students will learn how to jump rope and the older children will practice new jump rope tricks. We will stress the importance of taking good care of our hearts. Last year the students at Thunderbolt collected \$13,000 for the American Heart Association. This year we hope to raise \$15,000 and will offer a few incentives to those who participate.

We will keep you posted on our progress.

Dates to remember:

- Return paper guitar for Nutrition/Exercise Challenge 2/3
- Kids Heart Challenge 2/18-2/22
- Pizza Day 2/26
- Clay County Track Meet 2/29
- Junior River Run 3/7
- Fun Day 3/20



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



Way to go!!!!



**Thanks to all the participants in the recent Fun Run. TBE families earned \$312 for the Run/Walk program.

**Several students are training for the Junior River Run and some will soon train for the District Track Meet.

**Students are running 1-2 miles each week in the Run/Walk Club!!



The heart is a muscle that gets stronger by doing healthy heart/lung (aerobic) activities. A strong heart and strong lungs will easily work hard without getting too tired during work or play. This means the heart does not have to beat as much, the lungs don't have to breathe in/out so fast, and we don't get tired as easily. Healthy heart/lungs make you feel good, look good, and have more fun in exercise and sports.

As you can see we are real busy this time of year. It is nice to see the students involved in so many healthy activities though.



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



February Challenge: Heart Health Month

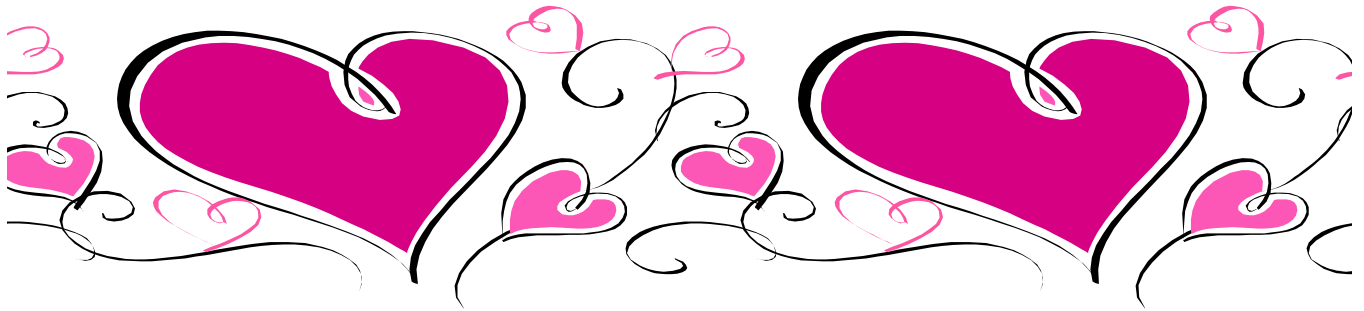


- o **Exercise:** Keep your heart healthy! Do jumping jacks for 2 minutes, 2 days a week as part of your 60 minutes of physical activity each day.
- o **Nutrition:** Try not to eat too much salt. Choose snacks without added salt each day such as smoothies, fresh veggies & dip, or a yogurt parfait.



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: