



# THE PHYSICAL EDITION

January 2020

Monthly Fitness Concept:  
Body Image



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

## Dates to remember:

Return paper guitar for Nutrition/Exercise Challenge	1/7
Resolution Fun Run At bestbet	1/11
Kids Heart Challenge Kick off	1/22
Kids Heart Challenge	2/18-2/20
Pizza Day	2/26
Junior River Run	3/7
Fun Day	3/20

**Getting Started With Warm-Ups :**

Warming up your muscles before exercise is very important. Why you ask?

Because cold muscles can pull or tear more easily during hard exercise.

You can warm-up by just jogging in place or walking around.

Warming up gets your heart and lungs ready to work a little harder.



## What will we be doing in PE class?

Students will be participating in flag football activities, throwing and catching, soccer, golf, and jump rope activities. In the Spring, 4th-6th graders will complete a fitness assessment. Please remind them to practice at home.

Look for information about Kids Heart Challenge. We participate in this program to help support the American Heart Association. We will all know someone at some point in our lives that is impacted by heart disease. Therefore, this is a worthwhile way to educate students about healthy hearts and contribute to the American Heart Association



**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

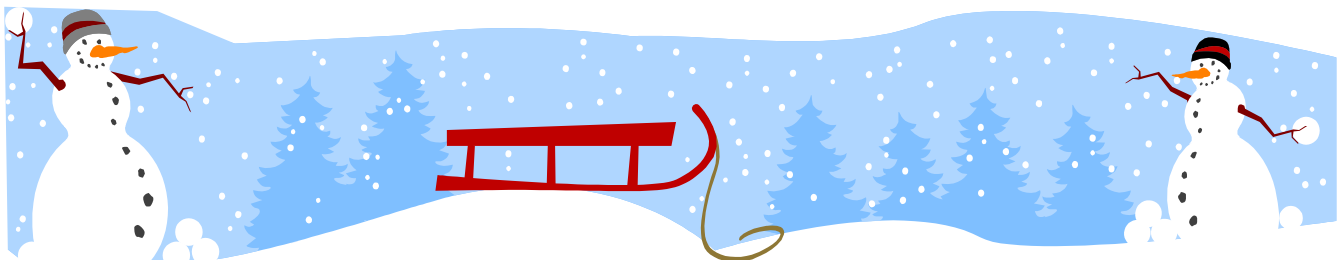
### January Challenge:

**Exercise Challenge:** Test your balance! See if you can walk on a balance beam or on a straight line for 1 minute, once a week this month as part of your 60 minutes of physical activity.

**Nutrition Challenge:** Learn about where your food comes from. Choose 10 foods and learn about how they are grown.

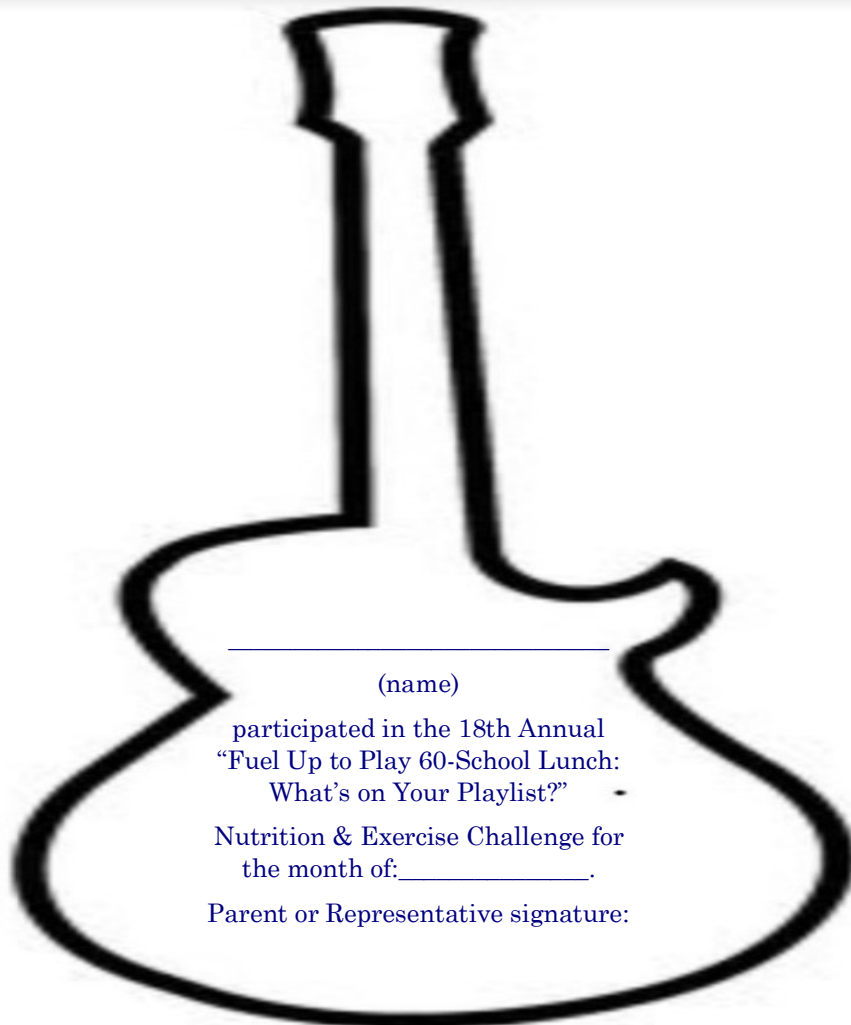


See page 3 of this newsletter for a copy of the paper guitar to be turned in.





*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: