



# THE PHYSICAL EDITION

March 2020

<http://tbepe.weebly.com>

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



## Kids Heart Challenge

We'd like to thank all the students who participated in raising money for the American Heart Association. We will update you on the amount collected in next month's newsletter.

### Dates to remember:

Return paper guitar for the Nutrition/Exercise Challenge 3/2

Junior River Run 3/7

Earth Day Fun Run 3/14

Fun Day 3/20

Run to the Sun 4/18

Fun Run



## Track Team

We had several students represent Thunderbolt at the Elementary Track Meet on February 29th.

Great Job TBE Jets!!



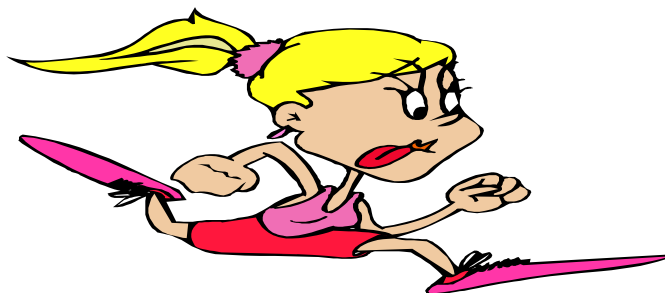
### Did you know?

Only one of ten Americans participates in 30 minutes or more of vigorous exercise every day?

Let's keep exercising!!

## Way to go runners!!!!

\*\*Several students have been participating in weekend races. Some are currently training for the Junior River Run. Keep up the hard work.





## 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



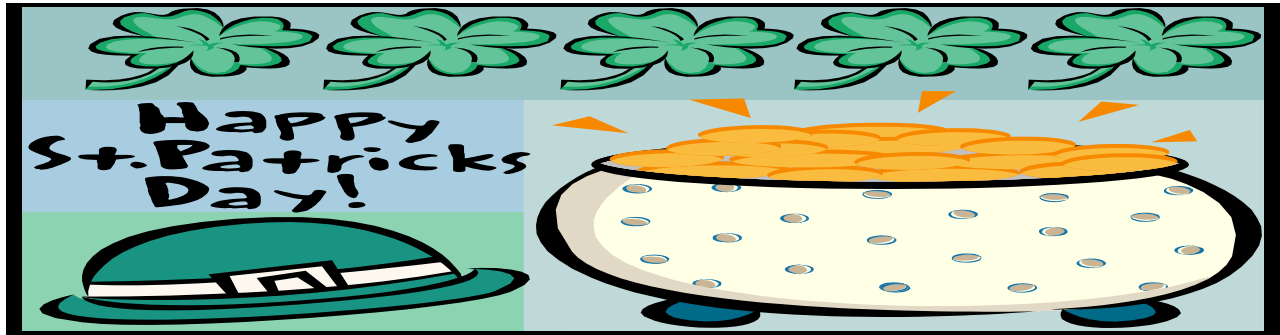
### March Challenge:

**Exercise Challenge:** Do you have flexibility? Bend down to touch your toes 10 times, holding for 5 seconds each, twice a week as part of your 60 minutes of physical activity this month.

**Nutrition Challenge:** Eat a healthy school breakfast during National School Breakfast Week ~ March 2nd-6th.

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: