



THE PHYSICAL EDITION

May 2020

<http://tbepe.weebly.com>

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



Kids Heart Challenge

Many of our TBE students have earned Thank-you gifts for their participation in the Kids Heart Challenge. We have not forgotten about you. We will make sure you receive your gifts as soon as we can return to school. If a student is no longer at TBE, we will work with families to get these in the mail. Thank you for your patience.



National Physical Education & Sport Week

May 1-7

May 1-7 is National Education and Sport Week. Physical Education is an important part of your child's education. A few benefits are: it helps each child develop efficient, effective and expressive motor patterns, develops motor skills, encourages vigorous activity, fosters creativity, and promotes social interaction.

On Thursday, April 30th, we are asking you to wear your favorite sports gear to support National PE and Sport Week. This is also included in the TBE Spirit Week. (Sport Day). Please post a picture on the TBE Facebook page.

Shape Your Future-
Be Fit To Achieve



Run/Walk Information

Many students have been still working on their Run/Walk goals. We are so proud of your hard work. We will continue to accept up to 2 miles per week from students until the end of May. 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.

Unfortunately, we will not be able to present the Run/Walk awards until we return to school. We will take care of this as soon as we can. This will include tokens, mileage shirts, medals and trophies. If a student has earned an award but has moved on to another school, we will do our best to locate you and make sure you receive your awards.

We know this has been a unique and unusual time for everyone. All of us have had to make some changes in our lives that have not always been easy. Know that we are proud of you all for the effort you have made as you tackle these changes. We miss you tons and look forward to seeing you all again in PE class at TBE.

Have a great summer!!
Don't forget to keep exercising!!

