



THE PHYSICAL EDITION

November 2019

<http://tbepe.weebly.com>

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

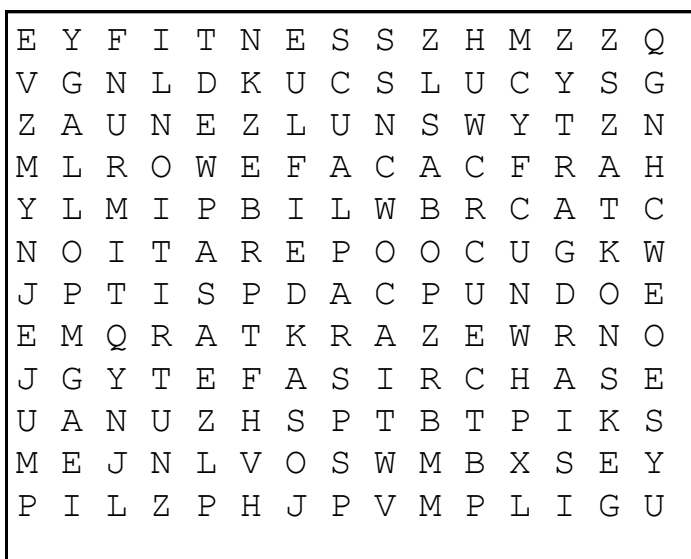
PE FUN

Can you find the PE activities and fitness words?



Dates to remember:

Return paper guitar for Nutrition/Exercise Challenge	11/1
Hog Jog Fun Run	11/16
Thanksgiving Day	11/28



- CATCH
- CHASE
- COOPERATION
- DODGE
- DRIBBLE
- ENDURANCE
- FITNESS
- FLEE
- GALLOP
- HOP
- JUMP
- MUSCLE
- NUTRITION
- PASS
- RUN
- SAFETY
- SKIP
- STRENGTH
- THROW
- WALK



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



Muscular Strength and Endurance



We hope you have a fun and relaxing time with your family.
Happy Thanksgiving,
Mrs. Gray
&
Mrs. Zaragosa

- ◆ Good strength means strong muscles
(lifting something heavy)
- ◆ Endurance is being able to use muscles a long period of time.
(repeating the same movement many times)
- ◆ Do you know where these muscles are?
(biceps, triceps, hamstrings)



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



November Challenge:

Exercise Challenge: Get your heart rate up! Jog in place for 3 minutes, 3 times a week as part of your 60 minutes of physical activity each day.

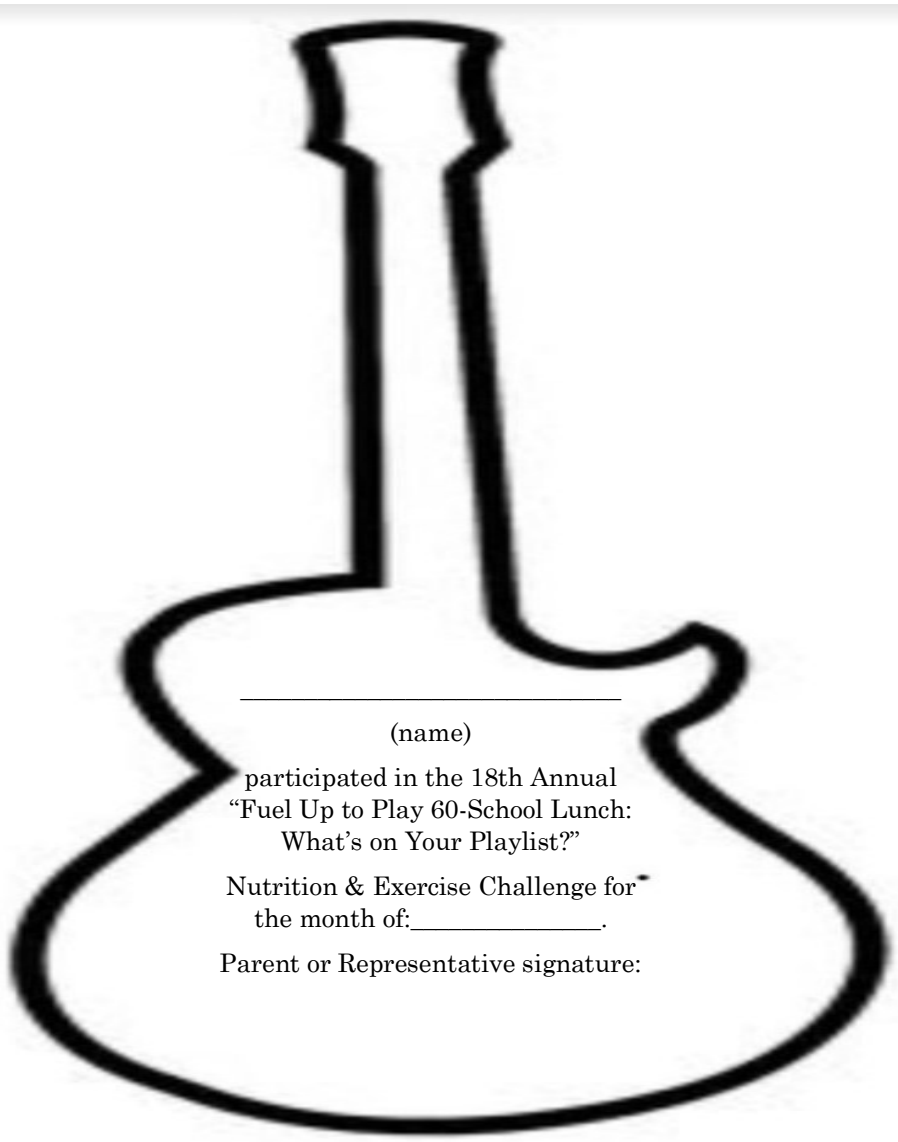
Nutrition Challenge: Try a vegetable from each color of the rainbow this month such as sweet potatoes, broccoli, black beans, squash, red peppers, or eggplant.

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: