



THE PHYSICAL EDITION

September 2019



Important PE Information



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

Welcome Back!!

We are excited to be working with all the students at TBE. We feel that physical education is an important part of each child's education. Our goal is to help children improve their movement skills. In addition to helping children become more skillful, we want students to feel good about themselves so they are comfortable participating in different activities. We will try to help the children experience success in physical education so that they will enjoy and participate in physical activities both at school and at home.

Dates to remember:

Run/Walk Club begins 8/30
Pizza Day 9/18
Return paper guitar for
Nutrition & Exercise
Challenge 10/2



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

Physical Education Rules

1. Respect your resource teachers
2. Respect your classmates
3. Follow directions and signals
4. Try your best

Activity Restrictions

If activity restrictions are necessary due to an illness or injury, please provide a note and include the reason, date, duration, and parent/guardian signature. If your child will miss more than 3 days of PE in a row, a note from a physician should be provided.

Consequences

1. Verbal Warning
2. Time out
3. Parent contact
4. Referral



Stretching tips:

- * Stretch your muscles before and after strenuous activities to prevent injuries
- * Warm-up before stretching
- * Avoid bouncing when stretching
- * Hold your stretch for at least 10 seconds



Water Bottles

Students are allowed to bring a water bottle to PE class. We ask that it be filled before they come and that it only contain water.

Nutrition and Exercise Challenge

- *Complete monthly nutrition and exercise challenge (look at PE website for more info.)
- *Fill out the paper guitar stating challenge was completed and return to the cafeteria or 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 bike

September Challenge:

Exercise Challenge: Join your school's run/walk club or walk 3 times a week, to get your 60 minutes of physical activity each day.

Nutrition Challenge: Choose fresh whole fruit in place of juice this month.

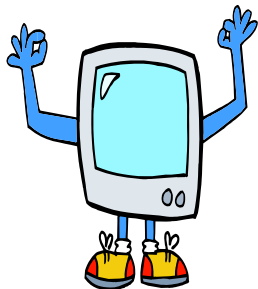


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PE Website

We have a PE website available so we can share all the exciting activities we are participating in during class and outside of school. We will include contact information, the monthly newsletter, information about Run/Walk Club, community fun runs, and awesome PE links. Any forms we send home can also be found on our PE site.



<http://tbepe.weebly.com>

TBE Run/Walk Club

Our Run/Walk program will again take place during the school day every Friday beginning on August 30th. The students will participate during a scheduled 30 minute time. For most grade levels, this is the same as their normal Resource time. Mrs. McQuain, Mrs. Reid, Mrs. O'Brian, Mrs. Jump, and Mrs. Rowe will all be outside helping with the program again this year.

The purpose of the program is to promote physical activity and healthy choices. Participants will run/walk laps around a set course. Laps are recorded and awards are given for every 5 miles completed. T-shirts are awarded at 50 mile increments. Additional awards include mileage tokens, certificates, trophies and medals.

In the past we have had many parent volunteers help scan and collect cards. We have also had many parents walk/run with their children. You are still encouraged to do this. If you have any question or you are interested in helping with the program, please call us at 336-3675 ext. 63765. We welcome as much help as we can get.