



PE Newsletter for November 29, 2011

All classes will be working on jump roping skills this month. The first graders will be establishing a class fitness goal sheet but will then be doing the same activities as the rest of the classes.

Classes are learning that fitness is not just about exercising but is also about eating better and making physical activity a part of our daily routines. They have even inspired me to be a part of this by including activity in my daily life too. Can't have the students getting healthier if their gym teacher isn't walking the walk too. 😊

Most classes will be having a physical activity log sheet that needs to be turned in every other week. Second and fourth grades are the only classes that are not doing this – yet. All classes will be doing this eventually. Please help students to do and track at least 30 minutes of physical activity each day. This can include something as simple as actually playing on recess or any sports activities. We have discussed all the ways that we can add physical activity to our lives and hopefully students take an active role in their overall fitness health.

If you need to contact me at any time, you can reach me at stephaniereyes@re3j.net or 303-748-4869. Thank you for having such awesome kids! 😊