



Keeping Fit While Learning in PE

Once again this year we are participating in "Fuel Up to Play 60", encouraging students to make healthy eating choices and play for 60 minutes every day. This program is sponsored by the National Football League and the National Dairy Council. Students can sign up at www.fueluptoplay60.com, just click on "students" to sign up. Once they are signed up, students can track their eating habits and their activity on line. Also, they can perform challenges and earn rewards for eating healthy and being physically active. To help kickoff Fuel Up to Play 60, we are showing support for our favorite NFL team by wearing their colors on September 23. If not an NFL fan students can wear orange or blue in support of the kickoff day.

The fourth and fifth grade physical education classes have gotten off to a terrific start. The students are doing their best to display "BB SHOW" in every class period: Be Respectful, Be the Best, and Show Good Character. These are some important traits we hope the students will use the rest of their life. Once again, this year we are giving out the COGS SPORTSMANSHIP award to the 4th and 5th grades classes that earn the most sportsmanship points. This is a monthly award given to the class that shows good sportsmanship and character along with being respectful.

So far this year we have already examined each student's loco motor patterns like running, skipping, jumping and hopping. This month we are reviewing manipulative skills; these are throwing, kicking, punting and striking. From there we move on to our football unit which will introduce skills like throwing, long snapping and punting a football. Finally, we finish the football unit with lead-up games and actual flag football games.