

# Health and Physical Education News



October 2017

## Message From the Teachers

### Important Dates:

Jump Rope for Heart: Feb. 19 - 23  
(in PE classes)

Field Day: Wed. May 23.  
(Rain date Tues. May 29)  
Grades 1, 2, 3 AM  
Grades 4, 5 PM

Kdg. Field Day: Thurs. May 24 (Rain or shine)

\*Additional important dates to come\*

## Reminders

- ✓ Students should be wearing rubber soled, supportive shoes
- ✓ Students should wear easy to move in clothing

### Club Reminders:

Fitness Club - B day mornings, 8-8:35am

Fall: Oct. 3 - Nov. 30

Winter: Dec. 11 - Feb. 8

Spring: March 19 - May 14

Intramurals - Thurs. afternoons, 3:30-4:30

Fall: Oct. 5 - Nov. 30

Winter: Dec. 14 - Feb. 8

Spring: March 8 - May 3



## Health and Fitness Tips

- ✓ B vitamins are needed for energy, brain function and stress management.
- ✓ Children aged 5-11 should accumulate at least one hour of moderate to vigorous-intensity physical activity daily. But more is even better!

## Contact the Teachers

- ✓ Email: [amarsh@dasd.org](mailto:amarsh@dasd.org),  
[bkeys@dasd.org](mailto:bkeys@dasd.org)
- ✓ Phone: (610) 458-8703 x2878

## What's Coming up In...

K-5 Physical Education: Physical Activity Stations, Fitnessgram, Locomotor Movements, Soccer, Gymnastics

### Health:

3rd-5th Grade Health topics for October/November include:

- Conflict Resolution/Decision Making Skills
- Nutrition
- Body Systems

**GO SHARKS!**

Miss Marsh & Miss Keys

