

PHYSICAL EDUCATION

HEALTHY CPS SCHOOL

Quarter 4



Department News

National PE and Sport Week April 30th- May 4th

In the celebrating the value of physical education and sport here at Clinton Elementary School, we are looking forward to a week of having our students work together to compete against other phys ed. classes in a variety of physical tasks and events that put their skills learned in class to the test.

Field Day Announcements!

- June 1st - 6th Grade
- June 5th- 2nd/3rd Grade
- June 8th- 8th Grade
- June 12th- K/1st Grade
- June 14th- 4/5/7th Grade

Middle School (6th-8th) Field Days will be held at Warren Park

Elementary (k-5th) will be held at Green Briar Park

Athletes in Motion!



Clinton Multifaceted Physical Education Program

Clinton Physical Education Provides:

Physical activity that directly impacts the brain and cognitive development, which contributes to improved academic performance.

Opportunities to improve cardiovascular health, muscle growth and bone strengthening development

Multiple opportunities to work in teams, reinforcing effective problem solving and team building skills

Cognitive knowledge necessary to live and maintain a healthy lifestyle.

Activity & Learning!

Memory retention and learning functions are all about brain cells actually changing, growing, working better together. **Exercise** creates the best environment for this to occur.

-Dr. John J. Ratey

WHAT'S HAPPENING IN THE 4TH QUARTER

K-2ND

3RD-5TH

6TH-8TH

Yaeger	Striking w/hand & implement/ foot and kicking skills	Volleyball Fundamentals / modified games / soccer skills	Volleyball, Soccer, Football/Rugby
Haynes	Striking with implement/ foot skills	Volleyball Fundamentals / modified games / soccer skills	Volleyball/Soccer
Berg	Locomotor & Coordination Activities	Cardiovascular, Fitness Stations, Modified Team Sports	Strength and Cardiovascular Activities
Vargas	Cardiovascular fitness activities	Volleyball, Fitness Stations, Modified Team Sports	Volleyball, Fitness Stations, Modified Team Sport

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Clinton PE is Unique

We equip all students with a cognitive understanding of the importance of elevating their heart rate and maintaining physical wellness

We provide a diverse curriculum with extensive offerings that engage, instruct the interests of all learners.

In our efforts to provide quality physical education, we hope that once our students leave Clinton Elementary they will have the skills and knowledge that will allow them to make healthy and active choices for a lifetime.

Athletes in Motion!



Coaches Corner!

“The **brick walls** are there for a reason. The **brick walls** are not there to keep us out; the **brick walls** are there to give us a chance to show how badly we want something. The **brick walls** are there to stop the people who don't want it badly enough.”

-Randy Pausch

Author

pelifestyle.com

Find more about the PE Program by visiting our website at www.pelifestyle.com
There you will find sport schedule information, class info, events, newsletters, etc.

NATIONAL PE AND SPORT WEEK OUTLOOK FOR GRADES 8,7,6,5 & K

GRADES: 8/7/6/5/3/4/K

	<u>GYM</u>	<u>Multipurpose Room</u>
Monday	Yaeger vs Haynes	Vargas vs Berg
Tuesday	Haynes vs Berg	Yaeger vs Vargas
Wednesday	Yaeger vs Berg	Haynes vs Vargas
Thursday	Haynes vs Vargas	Yaeger vs Berg
Friday	Yaeger vs Vargas	Haynes vs Berg

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