

PHYSICAL EDUCATION

HEALTHY CPS SCHOOL

Quarter 1



Department News

Team Building Month September

In building a positive classroom culture every physical education class will be partaking in numerous challenging activities that will challenge our students to work together, communicate, handle stress, and build healthy relationships with their new classmates.

Announcements!

If you are interested in participating in Fall Sports Forms are **Due September 19th!**

Fall Sports include:
Boys Soccer
Boys & Girls Volleyball
Cross Country

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 1ST QUARTER

	K-2ND	3RD-5TH	6TH-8TH
Yaeger	Space Awareness & Balance	Team building & Cooperative Learning	Team Building & Cooperative Learning
Haynes	Space Awareness & Rolling	Team Building & Cooperative Learning	Team Building & Cooperative Learning
Berg	Space Awareness & Dance	Team Building & Health	Team Building & Health
Vargas	Space Awareness & Chasing	Team Building & Volleyball	Volleyball

PHYSICAL EDUCATION



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.

SEPTEMBER OUTLOOK

GRADES: 5th- 8th Grade

	<u>GYM</u>	<u>Multipurpose Room</u>	<u>Classroom</u>	<u>Classroom</u>
Week 1	Berg	Vargas	Haynes	Yaeger
Week 2	Vargas	Berg	Haynes	Yaeger
Week 3	Yaeger	Haynes	Vargas	Berg
Week 4	Haynes	Yaeger	Berg	Vargas