

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

