



PHYSICAL & HEALTH EDUCATION

NEWS

TRIMESTER 1 2016

Physical Education

The goal of our physical education program is to create an environment where all students feel excited about coming to class, and are ready to work on improving their skills, knowledge, and fitness.

- * Students began the year working to refine locomotor and manipulative skills, and practicing essential team sport skills, concepts, and strategies.
- * Throughout the first trimester, students also worked hard to enhance personal fitness through a variety of games and other activities.



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Health Education

-Students began the year learning about developing good character. We discussed respect, friendship, positive communication, and problem-solving.
 -As our first trimester ends and our second begins, students are studying the structures and functions of the human body and its systems. During this unit and throughout the year, our focus remains on how our choices affect our health.

During the 1st trimester, students explored movement through various units...

- team-building & problem-solving
- fitness
- soccer
- climbing & balancing
- floor hockey



We love teaching your kids about living healthy & active lifestyles!

Mr. Garcia, Ms. Martin,
 Mr. O'Brien, Ms Richter,
 Mr Watts, & Mr. White



