

# The Tiger Fitness Monthly

Welcome to the monthly Elementary Physical Education newsletter! Time to get Tiger Strong!



October 2018

What's happening this month?!

**5K** Spatial awareness, catching and throwing, and movement stations!

**1<sup>st</sup>-2<sup>nd</sup> grade** Spatial awareness, catching and throwing, and movement stations!

**3<sup>rd</sup>-4<sup>th</sup> grade** Fitness Testing, then catching and throwing unit!



## UPDATES

One month in! We are having so much fun that it is spooky! This month we are going to be focusing on each student's hand-eye coordination and throwing ability. At the end of the month, we will be doing a special event: Spooky Gym! I will put pictures up of the event in next month's edition.

A little contest I am having this year is Physical Education Students of the Year. One boy and one girl from each grade level are selected at our year-end assembly and given recognition for the honor. The characteristics I look for in my students of the year are that they are kind, helpful, follow the rules, and work hard to improve themselves! I encourage every student to strive for this reward and hope to see your children win!

### Fitness Focus:

Here is a link to an article that has four ideas for fun fall activities to do with your family. Enjoy! <https://smartlifebites.com/4-fall-fitness-activities-kids/>



## Ongoing Programs in Physical Education

What incentives your kid(s) are actively working towards in my class!

<b>CLASS OF THE YEAR:</b>	Brown (2 <sup>nd</sup> ) 1
<b>Current Standings:</b>	Deehr 2
Lemke 1	Veldboom 1
Kartheiser 1	Benzel 1
Knaus 1	Jacobs 1
Hodorff 0	Scheurell 1
Hoffman 1	Winkel 1
Cripe 0	Brown 2
Platner 1	Lisowe 1
Mueller 1	Van Eperen 1
Stenklyft 1	
Wurm 1	

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Have too many Halloween decorations? I could use some!

I am looking for spooky looking characters; pumpkin buckets, Halloween lights, and just anything that may help my spooky gym look even spookier! If you have anything, you would like to donate, please send them with your child or drop them off in the office. Thank you for your consideration!

# Tigers in Action!



