

The Tiger Fitness Monthly

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



December 2018

What's happening this month?!

5K Snake tag and holiday games!

1st-2nd grade Snake tag and holiday games!

3rd-4th grade Fitness training stations and holiday games!



UPDATES

Welcome to the December edition of The Tiger Fitness Monthly! Winter is here, so please make sure students are coming to school with winter clothes and have a change of shoes for Physical Education class!

This month we are really focusing on fitness aspects. We are improving our cardio, flexibility, core strength, and learning proper form for body weight exercises. We will finish the month with a few holiday games to get us in the mood for a joyous holiday vacation!

Fitness Focus:

Here is a link to an article that has some safety tips for exercising outdoors during winter. Enjoy! <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626>



Ongoing Programs in Physical Education

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

CLASS OF THE YEAR:

Brown (2nd) 4

Current Standings:

Deehr 5

Lemke 4

Veldboom 5

Kartheiser 2

Benzel 3

Knaus 3

Jacobs 2

Hodorff 3

Scheurell 3

Hoffman 3

Winkel 4

Cripe 3

Brown 4

Platner 2

Lisowe 5

Mueller 3

Van Eperen 5

Stenklyft 4

Wurm 2

New Wrestling Sign-ups Record!

This year we had 75-80 Elementary students (4K-4th grade) sign up for youth wrestling this season! A new record! 2nd, 3rd, and 4th grade will begin wrestling the week of January 1st at the high school wrestling room. 4K, 1st, and 2nd grade will begin wrestling the week of February 4th in the elementary gym.

Tigers in Action!

