

# The Tiger Fitness Monthly

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



January 2019

What's happening this month?!

5K Spatial awareness activities and introductory tumbling!

1<sup>st</sup>-2<sup>nd</sup> grade Spatial awareness activities and introductory tumbling!

3<sup>rd</sup>-4<sup>th</sup> grade Fitness testing and tumbling!



## UPDATES

Happy New Years, everyone! There are many New Year's resolutions out there and I wish you all luck with each of yours; especially if it is fitness related! In my physical education classroom, we are going to be spending a majority of our time concentrating on fitness, spatial awareness (moving safely in space), and tumbling basics. Each of these skills are crucial to student's development for basic strength building, flexibility, and learning how to avoid collisions. I am looking forward to a very fun and fitness focused month ahead!

### Fitness Focus:

Here is a link to an article that has some ideas for health-related resolution ideas. Enjoy! <https://www.bodyforwife.com/10-new-years-fitness-resolutions-to-start-thinking-about-right-now/>



## Ongoing Programs in Physical Education

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

**CLASS OF THE YEAR:**

Wurm: 3

**Current Standings:**

Brown: 5

Lemke: 4

Deehr: 5

Kartheiser: 3

Veldboom: 6

Knaus: 3

Benzel: 3

Hoffman: 3

Jacobs: 3

Hodorff: 4

Scheurell: 4

Platner: 3

Winkel: 4

Cripe: 3

Lisowe: 5

Mueller: 3

Brown: 5

Stenklyft: 4

Van Eperen: 6

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Please make sure your children have their winter gear!

Now that we are back from a long break, it is important to get winter gear back to school. Gloves, hats, snow pants, are boots are all needed for outdoor recess over the next few months. Please check with your children that they have everything!

# Tigers in Action!



