

The Tiger Fitness Monthly

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



April 2019

What's happening this month?!

5K Soccer skills and basics!

1st-2nd grade Soccer skills and basics!

3rd-4th grade Soccer skills, basics, and games!



UPDATES

Happy April, everyone! The weather has been great so far, minus that one morning we got snow. Now that things are warming up and our spring outdoor activities are getting underway, it is important to make sure the students are dressing appropriately. Mud season is upon us and it is important that students have boots or outdoor shoes to use outside and a clean pair of shoes to use for in school and physical education class. Also, be sure to have students come to school with jackets! They can always take a layer off if it is warm, but the opposite cannot be said. We want everyone to come to school prepared for all four seasons in a day!

Fitness Focus:

Here is a link to a scholarly article that explains some benefits from getting time in the outdoors!

https://www.health.harvard.edu/press_releases/spending-time-outdoors-is-good-for-you



Ongoing Programs in Physical Education

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

CLASS OF THE YEAR:

Wurm: 5

Current Standings:

Brown: 9

Lemke: 6

Deehr: 9

Kartheiser: 6

Veldboom: 9

Knaus: 5

Benzel: 6

Hoffman: 7

Jacobs: 6

Hodorff: 6

Scheurell: 8

Platner: 5

Winkel: 7

Cripe: 6

Lisowe: 10

Mueller: 6

Brown: 9

Stenklyft: 7

Van Eperen: 10

Warmer weather is here! Are your kids doing getting outside?

Warmer weather is upon us as spring has begun. After many months of being stuck indoors, students need to get outdoors more than ever. The extra time in fresh air and sunlight will help with their diet, energy levels, and have a positive effect on their attitudes as well! The best way to get children outside is to get them in a sport. It will improve their stamina, improve social interactions, and get them off their tablets, computers, etc.! Whether or not you get your children in a sport is up to you and your family, but let us make a conscientious effort to get everyone outside this spring!

Tigers in Action!

