

The Tiger Fitness Monthly

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



May 2019

What's happening this month?!

5K Ball striking skills and basics, year-end activities!

1st-2nd grade Ball striking skills and basics, year-end activities!

3rd-4th grade Ball striking skills and basics, year-end activities!



UPDATES

Happy May, everyone! It has been rainy and snowy this last month so we are hoping the last four weeks of school bring us plenty of sunshine! We look to finish the school year focused and under control. As we get closer to summer break, really look into getting your children into some sort of healthy activity/club! T-ball, baseball, softball, soccer, football, basketball, wrestling, art, practicing musical instruments, and other social activities. The more time being active this summer and less time staring at screens, the better the summer! Have a great one, everybody!

Fitness Focus:

Here is a link to an article that explains some the effects of screen time on fitness and health! <https://www.iowaclinic.com/blog/articles/the-effects-of-screen-time-on-fitness-health/>



Ongoing Programs in Physical Education

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

CLASS OF THE YEAR:

Wurm: 6

Current Standings:

Brown: 10

Lemke: 7

Deehr: 11

Kartheiser: 6

Veldboom: 10

Knaus: 6

Benzel: 7

Hoffman: 8

Jacobs: 7

Hodorff: 7

Scheurell: 9

Platner: 6

Winkel: 8

Cripe: 7

Lisowe: 11

Mueller: 6

Brown: 11

Stenklyft: 8

Van Eperen: 11

It is the end of the school year! Make sure everything gets home!

With the 2018-2019 school year ending this month, it is important to make sure your student's belonging make it home. Have your student(s) check lost and found, clean their desks thoroughly, double check their cubbies, and bring home any extra items they typically leave at school.

Tigers in Action!

