

The Tiger Fitness Monthly

Welcome to the monthly



October 2021

What's happening this month?!

5K Spatial awareness, throwing/catching, and "Spooky gym"!

1st-2nd grade Spatial awareness, throwing/catching, and "Spooky gym"!

3rd-4th grade Fitness testing, throwing and catching skills, and "Spooky gym"!



UPDATES

Welcome back, everyone! Every month I will be sending a newsletter update of what is going on in Elementary Physical Education classes. Without further adieu, let's get after it!

Last year due to protocol and building restraints, classes had to be outdoors year round. This year we have the gym back! When weather is good and the activities can be done successfully, we will still have outdoor classes! When weather is inclement or an activity requires the gym, we will be indoors. My advice is to make sure students are dressed and prepared to go indoors or outdoors anytime. Now that it is October students should have coats ready and should keep athletic "gym" shoes at the school at all times.

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/>



Physical Education Class Focus

Meaningful Classroom Jobs:

Safety Supervisor: Helps teacher keep things safe in class.

Door Holders: Holds doors open when entering/exiting the school.

Line Leader: Leads class in and out of classroom and sets the example for behavior.

Cleanup Crew: Helps teacher setup, clean/sanitize, and put away equipment.

Warm-ups Leader (3rd/4th grade): Lead class in warm-up progression.

Helper: Helps the teacher with organization and helps with demonstrating skills/drills in class.

Optional family fun fitness activity: Take your family to a haunted woods or go on a nature hike!