



Coolidge Physical Education
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Happy New Year!

5 Tips For Family Fun Fitness suggested by Let's Move*

- Encourage physical activity
- Ask your child to show you what they learned in physical education class
- Take the stairs
- Walk around the block after a meal
- Find time to spend together doing a fun activity: go on a family hike or bike ride, try ice skating/snowshoeing

*Let's Move is a First Lady Michelle Obama national campaign to fight childhood obesity.

Student Expectations in Physical Education :

- ✓ Develop skills for locomotion and non-locomotion as well as using a variety of manipulative for throwing, catching, striking
- ✓ Identify and apply movement concepts including direction, balance, level, pathway, range, application of force, force absorption
- ✓ Identify and demonstrate responsible personal social behavior used in physical activity settings
- ✓ Identify physical changes and feelings that result from participation in a variety of physical activities.

*From Shrewsbury Elementary Physical Education Webpage

Look Ahead

Students will begin the healthy heart run in the upcoming weeks. Each student gets two times to try and score their best. A rubric score sheet will be sent home with the report card explaining how they did. Healthy heart scores are used to identify out fitness standard for Trimester 2.



Reminders

Sneakers- are required for physical education class.



Sandals and Crocs and SNOW BOOTS are not allowed. Please double-check the day your child has PE.

Elementary PE Website

Please visit our [Elementary PE Webpage](http://schools.shrewsburyma.gov/pehfc/Elementary-Physical-Education-Syllabus.cfm) where you can find information about our academic department, locate our syllabus and other important information.

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