

James J Flynn Elementary School

Hornet Health and Physical Education Newsletter

October 2023



Issue 1

Introduction

Welcome to the first edition of the Hornet Health and Physical Education Newsletter!! In this newsletter, we will provide you and your family with important information regarding health and physical education classes (HPE) at James J Flynn Elementary School. We will talk about what we did in class, what we are going to do, and provide ideas for you to further these lessons at home. Additionally, we will provide you with contact information for your students' health and physical education teacher. Now let's get moving!!



Welcome back to school!!

Please remember to have your student wear sneakers that tie on physical education days. Additionally, please leave all jewelry at home. This way, they can safely participate in all our fun activities. They must also be wearing a proper school uniform every day. If you have any questions, please contact your HPE teacher.



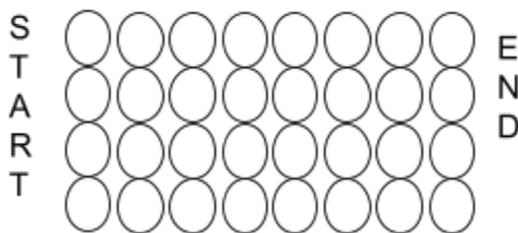
Physical Education

What We Are Doing Now

- Kindergarten and First Grade: Locomotor Movement
 - Students are learning ways they may move around the gym, such as walking, running, skipping, galloping, hopping and jumping!! Add in bean bags and yarn balls and we are having a party in the gym!!
- Second, Third, Fourth and Fifth Grades: Soccer
 - GOAL!! Students are building their soccer skills!! We begin with dribbling, then work on passing, shooting, defense and modified game play. Soccer is one of the students' favorite sports we play each year.

Physical Education at Home

- This year, we introduced a game called KABOOM! How can you play at home? All you need is 32 paper plates!! Create a grid similar to the one below. Create a pathway to get from one end of the maze to another. If you step on a plate that is part of the maze, you continue moving. If not, KABOOM and your turn is finished.
- **EXTRA CREDIT!!** Take a picture of your family playing KABOOM at home and send it to your Physical Education Teacher!!
- [KABOOM!! Video](#) - Use this for reference. You can use paper plates instead of hoops.



Health

What We Are Doing Now

- Kindergarten, First and Second Grades: Emotions and Hygiene
 - Students are learning about emotions and good hygiene!! We have had great conversations about feelings and respecting others feelings. We are also learning all about good hygiene and how to care for ourselves.
- Third, Fourth and Fifth Grades: Mindset and SMART Goals
 - Students are differentiating between Growth and Fixed Mindset and creating SMART Goals. We are learning about the benefits of having a growth mindset. Students are also creating their own SMART Goals for the school year.

Health at Home

- Continue the conversations that we have in health class. Talk with your students about emotions and how they feel in different situations. Review what they do to keep themselves clean. Ask them about what having a growth mindset means to them. Create SMART goals with your students for the school year.
- K/1/2: [Hygiene](#) 3/4/5: [SMART Goals](#)
- **EXTRA CREDIT!! Bring to your health teacher...**
 - K/1/2: A family photo of everyone practicing good hygiene. Get creative!!
 - 3/4/5: Write a SMART goal as a family.

James J Flynn Health and Physical Education Department Contact Information

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