

## James J Flynn Elementary School

# Hornet Health and Physical Education Newsletter

October 2024



Issue 1

## Introduction

Welcome to the first edition of the Hornet Health and Physical Education Newsletter for the 2024-2025 school year!! 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 review what we did in class and provide ideas for you to further these lessons at home. Finally, 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.



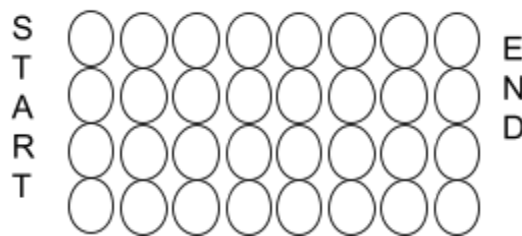
## Physical Education

### What We Are Doing Now

- Kindergarten, First and Second Grades: Locomotor Movement
  - Students are learning locomotor skills!! We are walking, running, skipping, galloping, hopping, jumping, crawling and so much more!!
- Second, Third, Fourth and Fifth Grades: Soccer
  - GOAL!! Students are improving their soccer skills!! We work on dribbling, passing, shooting, offense and defense!! We will even play a modified game at the end of the unit.

### Physical Education at Home

- This year, we brought back one of our favorite games, KABOOM! How can you play at home? All you need is 32 paper plates or chalk to draw the grid!! 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.
- [KABOOM!! Video](#) - Use this for reference. You can use paper plates instead of hoops.



**SAVE THE DATE!!**

**FAMILY FITNESS NIGHT IS FEBRUARY 5, 2025!!**

Come exercise with the Flynn PE staff and play some of your favorite games after school!!

Additional information to follow.

## Health

### What We Are Doing Now

- Kindergarten, First and Second Grades: Hygiene and Fire Safety
  - Students began the year by learning about proper hygiene!! We are also learning all about fire safety and how to stop, drop and roll.
  - Next, we begin learning about medicine and drugs.
- Third and Fourth Grade:
  - Students began the year learning how to safely use the internet and talking about global health issues, such as the hurricanes and how they will impact New Jersey.
  - We will soon be learning about Smoking, Alcohol and other drugs.
- Fifth Grade: The Body Systems
  - Students are learning about the body systems, including the skeletal system and circulatory system.
  - We will soon be talking about communicable and noncommunicable diseases.

### Health at Home

- Continue the conversations that we have in health class. Talk with your students about what they have learned. Discuss what they are talking about with their health teachers. Review the health work that is sent home.

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#### James J Flynn Health and Physical Education Department Contact Information

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