

Hornet Health and Physical Education Newsletter

Spring 2025



Issue 3

Introduction

Welcome to the third 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. We will share some important Field Day Information!! As always, we will provide you with contact information for your students' health and physical education teacher. **Now let's get moving!!**



Important Reminders

Please remember to have your student wear sneakers that tie on physical education days. As the weather gets warmer outside, the gym gets warmer inside. Please make sure students pack refillable water bottles everyday, especially on days where they have physical education.



Physical Education

What We Are Doing Now

- Kindergarten, First and Second Grades: Paddle Skills
 - We will begin using paddles to keep a balloon and other objects in the air!! How many times can you keep the balloon up before it hits the ground?!
- Second, Third, Fourth and Fifth Grades: Pickleball
 - This highly popular game returns to James J Flynn Physical Education classes this year!! We will work on serving, returning and playing a game of one of the fastest growing sports!! Unfortunately, there are no pickles to eat. 😊

SAVE THE DATE!!

FIELD DAY IS MAY 22, 2025!!

Rain date: May 29, 2025

Come ready to play on a day filled with your favorite physical education games!!

Make sure you bring water and wear sneakers!! More information will be sent home soon.

James J Flynn Health and Physical Education Department Contact Information

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| Jenny Babyak - Extension 28445 jennbabyak@paps.net | Adam Marcus - Extension 28445 adammarcus@paps.net |
| Susan Kerner - Extension 28446 susakerner@paps.net | Brett Campion - Extension 28446 brettcampion@paps.net |

Health

What We Are Doing Now

- Kindergarten, First and Second Grades: Emergency Safety
 - Students will be learning about what makes an injury and emergency and who to contact in the event of an emergency. We will be discussing first aid kits and what goes inside them.
- Third and Fourth Grade: Emergency Safety and First Aid
 - Students will differentiate between an emergency and a minor injury. They will discuss what to do in the event of an emergency or injury.
- Fifth Grade: First Aid and CPR
 - Students will learn about basic first aid practices. They will learn about CPR, when it should be given, and who can give it.

Health and Physical Education 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.
 - Ask them about the sports and games they played in class that week. Have them show you the skills they learned!!
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Important Health Topics Coming Soon

In the coming weeks, fourth and fifth grade students will be discussing the life cycle, including puberty. This includes physical, emotional and social changes as they relate to growing up. If you need any additional information, please review the curriculum on the school website for health, or feel free to contact your students' health teacher at the phone number or email listed above.



MAY 1 - 7

NATIONAL PE & Sport Week



Grades K-5

Spirit Week Activity Calendar

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| May 1 | Teamwork Thursday Wear your favorite sports teams' colors/gear or represent your favorite physical activity. | Daily Activity: Partner Challenge Sit back-to-back with a friend and link arms. Try to stand up without unlinking arms. |
| May 2 | Friendly Friday Yellow is the color of friendship. Plan to wear yellow today to represent kindness and being inclusive of everyone in school. | Daily Activity: You Choose! Participate in an activity of your choice today, but be sure to include someone you don't normally play with. |
| May 3 | PE at Home While you're home today, play a game or do an activity you learned in PE. Teach it to someone in your house! | Daily Activity: A Quarter's Worth How much is a quarter worth? Complete 25 of the following: * Skip * Lift Knees * Jump * Walk Backwards |
| May 4 | Sunday Funday Wear a fun outfit and do something you think is fun today! | Daily Activity: Parachute With a friend or family member, use a bed sheet like you may have used a parachute in PE. Lift the sheet up and down to move air underneath it. |
| May 5 | Mindful Monday Wear something that makes you feel calm and relaxed, like your comfiest clothes or pajamas. What about this outfit makes you feel calm? What do you notice about how it feels? | Daily Activity: Mindful Walk Walking is a simple and great exercise for everyone. Today go for a walk with a parent, caregiver or friend. What do you see, smell, feel, hear, taste? |
| May 6 | Dress Like a Teacher Dress like a teacher today to show them how thankful you are for all their hard work. Put in "extra credit" and write your teacher a thank you note! | Daily Activity: Freeze Dance Have someone start and stop music. When the music is on, dance. When the music is off, strike a silly pose. |
| May 7 | Work Out Clothes Wednesday Wear your favorite clothes to be active in! | Daily Activity: Walk Race Challenge a friend to a walking race! |

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