



RESICA ELEMENTARY SCHOOL HEALTH & PHYSICAL EDUCATION JANUARY/FEBRUARY NEWSLETTER 2017

HEALTH CLASS NEWS UPDATE

Miss Conklin's Health Classes:

5th Grade- Influences on Health and Life Decisions, Peer Pressure

4th Grade-Body Systems: Skeletal, Muscular, Respiratory, Digestive

3rd Grade- Winter Weather Safety, Physical Fitness

2nd Grade- Outdoor Winter Activity Safety, Germs and Disease

1st Grade- Winter Safety, Sleep, Nutrition (MyPlate.gov)

Mr. Henry's Health Classes:

5th Grade- Winter Safety, Body Systems, Nutrition

4th Grade- Winter Safety, Body Systems, Nutrition

3rd Grade- Safety & Nutrition

2nd Grade- Outdoor Winter Safety, Germs, Disease & Illness

1st Grade- Winter Safety, Germs, Disease & Illness



JANUARY'S RETURN TO ACTIVITY

Resica's students returned from break rested and ready for activity. To get all grades back in shape we began the month with two of Resica's favorite activities: Sleds & Saucers and Snowball Fight. Both of these activities are great cardio workouts.



All 3rd, 4th, and 5th graders worked on their heart fitness and muscular endurance during a game of Fire, Icicle & Snowballs. This is a very physically active version of Rock, Paper, Scissors.



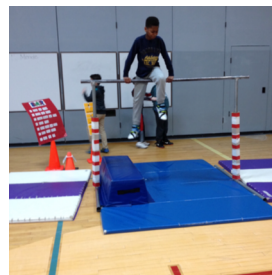
Kindergarten, 1st and 2nd grades worked on their heart fitness and muscular endurance during games of Icicle Tag and Snowman Busters.

As the students improved their endurance levels it became time to break out the "puff polo" equipment. (continued)

Kindergarten, 1st and 2nd grades learned the proper stick handling technique – “It is not a baseball bat and it is not a golf club. Keep the “puff” end on the floor.” They practiced stick handling during games of Puff Pinball and Pin Polo.



All 3rd, 4th, and 5th graders played games of Puff Hockey.



FEBRUARY'S FOCUS- GYMNASTICS

All grade levels worked to develop and improve their flexibility, muscular strength, coordination, balance and power during our gymnastics unit.

The gym was set-up with stations which included: balance beam, balance boards, tumbling mats, vaulting, horizontal bar, ladder climbing and the climbing wall. The skills and levels of difficulty increased by grade level.

