



Physical Education Newsletter

What's Happening in P.E.?

K -1: Students are bringing home Commercial Break cards. Have them practice their exercises during commercials. Join in with them! In February, students will learn fitness concepts, movement awareness, and kicking skills.

Grades 2-3: Students will learn about striking with paddles, the exciting sport of hockey, and ways to relax with yoga.

Grades 4 -5: Students will learn about the body systems; jump bands, a great rhythmic workout; and 2-square, 4-square, and paddle play, which will help students prepare for racquet sports.

Grades 6-8: Students will learn about the Winter Olympic Sports and Hockey.

Each month, remember to print out the Fitness Calendars from www.pinnaclewny.org. It's a great way to get the whole family active!

Canisius Cares Winners

Please congratulate the following students who demonstrated great sportsmanship during November:

KR-
KM- Jordan Benefield
KT- Shanya Johnson
K-1- Kenneth Craig
1E - Aniece Bell
1R - Devin Pope
1H - Shamar Halton

2GR-
2GZ- Darryn Burns
2M- Jaion Johnon
3B-
3G-
3T- Khuran Abrams
4Ba- James Choates
4Bo- Thalia Lewis
4S-
5C- Rene Velazquez

5F- Emoni Robinson
5M- Kimberly Bostic
6C- Elizabeth Hansen
6M-Joshua Rogers
6L-Eduvian Rosado
7D-Edward Wright
7SC-Courtney Ford
7O-Dajanyque Peay
8SA-Jauana Sadler
8K-Nia Williams

**Pinnacle Charter
School**

Volume 7, Issue 6

February

Remember:

- ☉ Please send your sneakers (K-8) and PE uniform (grades 4-8) to school each day.
- ☉ Did you know the Winter Olympics start on February 12th? Check out some exciting winter sports. Better yet, go out and try one.
- ☉ Check out www.greatschools.net. It is a website that you can go to if you want to praise our school for doing something positive .

