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# Physical Education Newsletter



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Charter School

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*We promise to provide your child with an enjoyable, challenging, and rewarding time in a safe and positive environment.*

## Kick start the year healthy!

### January's Plan

As the weather gets colder, please remember your sneakers. Grades 4-8 must wear a white t-shirt & navy blue or khaki shorts. All clothing must be graphic free!

#### Grades K – 2

- Jump Rope
- Dance
- Yoga
- Moving with Rhythm

#### Grades 3 – 5

- Hockey  
Stick-Handling  
Passing  
Shooting  
Game

#### Grades 6 – 8

- Hockey  
Stick-Handling  
Passing & Shooting  
Player Positions  
Game Strategy

### Fitness Calendar Reminder

Use the fitness calendars to get active this winter! The calendars are age-appropriate and quick activities you can do at home to keep your family active. If you complete a calendar, send it back to school for a certificate to post at home.



# P.E. Class of the Month

(Grades 2 - 8)



Each month, we will pick a class that demonstrates strong sportsmanship skills through healthy interactions with peers, participates in all class activities with a fine attitude, and sets an outstanding example for peers at Pinnacle. The class's name will be placed on a jersey outside the athletic center, as well as receive a jersey to display in their classroom. We look forward to seeing your class work toward this award!

# High-Fives of the Month

(Grades K & 1)



Kindergarteners and First graders work to earn a "bee" sticker at the end of each class. When a class achieves ten stickers, they earn choice time and are regonized on the High-Five Wall.

Individuals who are role models and demonstrate healthy behaviors will also earn a place on the wall. Who will earn a "HIGH-FIVE" this month?

## Importance of Eating a Healthy Breakfast Everyday:

The nutritional advantages of ready-to-eat cereal are clear. Cereal is a top source of key nutrients in children's diets. Research has found that people who frequently eat cereal (at least every other day) have higher intakes of calcium, iron, zinc, vitamin A, vitamin C and B vitamins compared with those who eat cereal less often. Frequent cereal eaters tend to consume less fat and cholesterol than infrequent eaters. Ready-to-eat cereals are the top source of whole grains for children ages 2 to 18, and whole grain foods provide numerous health benefits.

More importantly, there are long-term health benefits of eating cereal. Children who eat cereal frequently are less likely to be overweight. Children who eat cereal frequently tend to have a healthier Body Mass Index than children who eat cereal less frequently.

## 10 Simple Strategies to Increase Activity:

Being more active doesn't have to be a formal affair. You can sneak exercise into all kinds of activities you're doing already. Start with these ideas, then find even more opportunities to get moving.

- **Add steps to your commute** – Park at the far end of the parking lot, or get off the bus one stop early and walk to your destination.
- **Take the stairs** – If you have many flights to climb, walk halfway up, then take the elevator to your destination.
- **Make movable meals** – Grab your lunch and walk to a nearby park to enjoy your meal outside.
- **Go cordless** – Walk around the house while talking on a cordless phone.
- **Choose active entertainment** – Play sports with your family or friends instead of watching a movie.
- **Walk the dog** – If you don't have a dog, offer to walk the neighbor's.
- **Take a commercial break** – Take a quick walk around the house when commercials come on during your favorite show. Challenge yourself to get as many steps as you can.
- **Walk at the airport** – Keep walking instead of using the moving sidewalks or just waiting at your gate.
- **Make chores count** – Wash the car instead of driving through a car wash; rake leaves or shovel snow instead of using a blower.
- **Run errands on foot** – Try walking to the corner grocery store when you need only a few items.