

Fuel Up To Play 60

Want to have fun and feel good? Our students have the chance to help make our school a better place and get involved in awesome community events with their friends through Fuel Up to Play 60! **Fuel Up to Play 60** is a program founded by the National Dairy Council and NFL, in collaboration with USDA, which empowers students to take charge in making small, everyday changes at school. Students can win cool prizes by going to FuelUpToPlay60.com. and by signing up and using the website!! Please sign up and see what it is all about!

Attention 4th/5th grade students:

Be on the look- out for a permission slip that allows you to visit the site at school. It must be returned in order for you to do so.

Work-Out Wednesdays!

Beginning this Wednesday, the P.E. department will be presenting some type of physical activity on CFN. As you know, students should be active at least 60 minutes a day. This is just one more way for us to get them up and moving throughout the school day!!! It is also a great brain break!

Muscle of the Week

Throughout the second part of the school year, we will be introducing a new muscle to the students. They will identify it on a poster, learn how to strengthen it, and learn about how it functions as well.

This week's muscle: *Tricep*

What's going on in P.E.?

K-2: Balance, Stunts, and Tumbling: The activities throughout this unit include numerous animal movements, balance stunts, simple partner activities, and tumbling skills.

3-5: Hockey: Hockey activities develop the fundamental skills required for successful game play. This unit provides a variety of skills practiced individually, in pairs, or in groups. Students will dribble, shoot, practice passing, and play mini-games.

Upcoming:

K-2: Kicking

3-5: Softball