



Titusville  
Area School District

# PE NEWSLETTER

MAY 2024

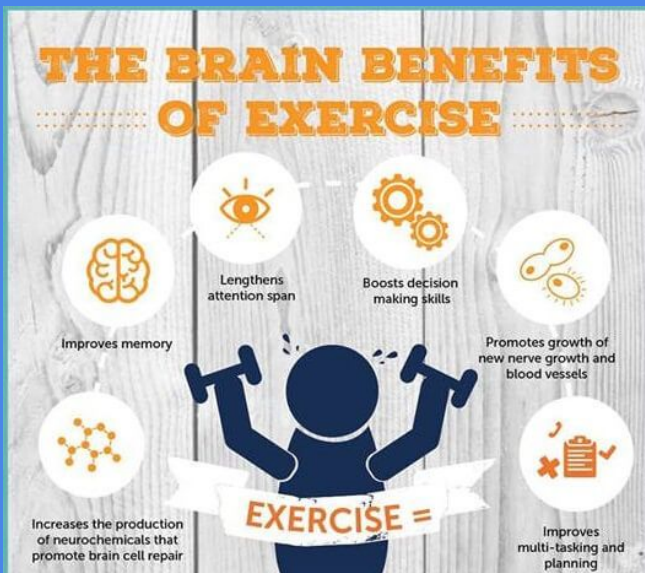
## WELCOME!

Hello! I'm Mr. Timon and welcome to our second PE newsletter! This is a way to communicate and share with you all of the awesome things we are doing in our PE classroom for our 30 day PE cycle and we are halfway done!



## EXERCISE = BRAIN POWER!!!

- **Improves Memory** - Aerobic exercise increases your verbal memory and learning!
- **Repairs Brain Cells** - Your brain can decrease in size without use, and can be damaged from stress and depression. Exercise releases chemicals in your brain to repair and help your brain grow!
- **Lengthens Attention Span, Improves Multitasking, & Planning** - Exercise helps you focus, stay on task, and improve planning and multitasking!
- **Promotes New Nerve Growth & Blood Vessels** - Increases blood flow in the brain!
- **Boosts Decision Making Skills** - A moderate-intensity workout in the morning can help you make better decisions throughout the day!



## LET'S COMMUNICATE!

As always, feel free to reach out to Mr. Timon with any questions, concerns, compliments, or suggestions about our classroom!

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Main Street: x5128

Hydetown: x4125

Stay moving and grooving!



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## So...What Are We Up To?!

### 1st - 2nd Grade

**FINISHED** - POPSICLE RACE (*tests Cardiovascular Endurance*); TOILET TAG; SCOOTER HOCKEY, RAIL YARD & ROCK WALL!

**WORKING ON** - SUMMER OLYMPICS! As their countries compete in events to battle for a Gold, Silver, or Bronze Medal!

**COMING SOON** - HEART COURSE, TRICK SHOTS & TETHER BALL!!

### 3rd - 5th Grade

**FINISHED** - PACER RUN (*tests Cardiovascular Endurance*!); Invasion/dodging games - 3 BALL; JAILBREAK; CAPTURE THE FLAG; YUKI BALL, THOUKBALL, RAIL YARD, & ROCK WALL!

**WORKING ON** - SUMMER OLYMPICS! As their countries compete in events to battle for a Gold, Silver, or Bronze Medal!

**COMING SOON** - HEART COURSE, TRICK SHOTS, & VOLLEYBALL!!



**THE BRAIN BENEFITS OF EXERCISE**

- Improves memory
- Lengthens attention span
- Boosts decision making skills
- Promotes growth of new nerve growth and blood vessels
- Increases the production of neurochemicals that promote brain cell repair
- EXERCISE =
- Improves multi-tasking and planning



**LET'S COMMUNICATE!**  
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