



Titusville
Area School District

PE NEWSLETTER

APRIL 2024

WELCOME!

Hello! I'm Mr. Timon and welcome to our 1st PE newsletter! I wanted to start 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!



DID YOU KNOW?!

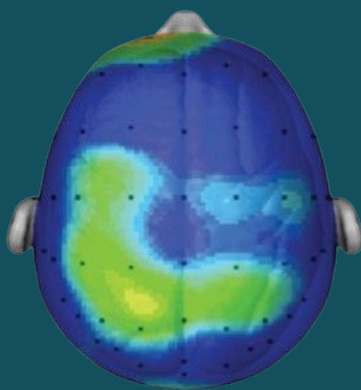
Healthy Students Make Better Learners!

Students who are physically active tend to have...

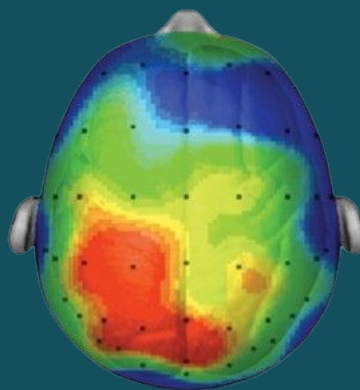
- Higher Grades and Test Scores!
- Greater School Attendance!
- Improved Classroom Behaviors! (*on-task behavior*)
- Better Memory! (*improved learning retention*)
- Increased Concentration!
- Improved Self-Confidence!
- Greater Physical, Mental, and Emotional Health!



So why not try to get them moving at home *and* throughout the day!



After 20 minutes of
sitting quietly



After 20 minutes of
walking

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

LET'S COMMUNICATE!

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

jtimon@gorockets.org

814-827-2715

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)

WORKING ON - We'll be building our skills, cooperation & teamwork with:

- Scooter Soccer
- Scooter Hockey
- Robot or Toilet Tag!
- Trying something new with Tether Ball!!

COMING SOON - RAIL YARD, ROCK WALL, & OLYMPICS!

3rd - 5th Grade

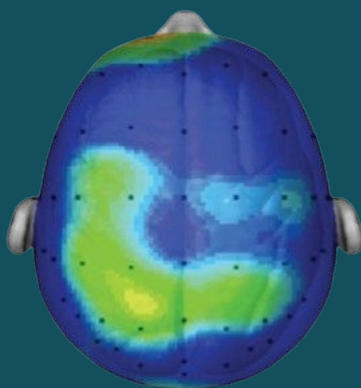
FINISHED - PACER RUN
(tests Cardiovascular Endurance)

WORKING ON - INVASION/DODGING

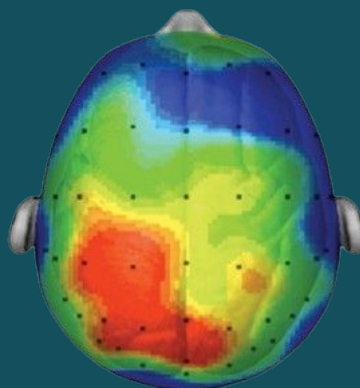
- 3 Ball
- Jail Break
- Capture the Flag!
- Tchoukball
- Yuki Ball
- Quadball (Quidditch)

COMING SOON - RAIL YARD, 4-SQUARE, ROCK WALL, TETHER BALL, & OLYMPICS!

PARIS 2024



After 20 minutes of sitting quietly



After 20 minutes of walking

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