



Titusville
Area School District



PE NEWSLETTER

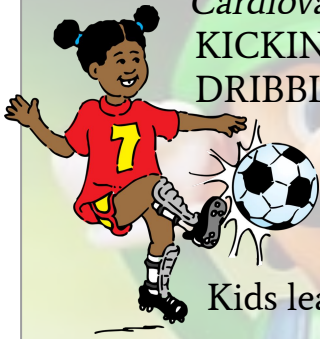
JANUARY 2025

So...What Are We Up To?!

1st - 2nd Grade



FINISHED - POPSICLE RACE (*tests Cardiovascular Endurance*);
KICKING; THROWING;
DRIBBLING; HOCKEY SKILLS,
GAGA BALL; MARIO
KART; HULA PETS



WORKING ON:

Kids learn through PLAY, so play EVERY DAY!

COMING SOON:

- Kids Heart Challenge!
- See you April 24th!!



3rd - 5th Grade



FINISHED - PACER RUN (*tests Cardiovascular Endurance*); MAT BALL;
SOCCER; SOFTBALL; GAGA BALL;
HOCKEY; FOOTBALL; MARIO KART



WORKING ON:

Kids learn through PLAY, so play EVERY DAY!

COMING SOON:

- Kids Heart Challenge!
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PE PHOTOS
CYCLE 3!!



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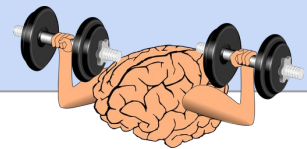
WELCOME!

Hello! I'm Mr. Timon and this is our 2nd PE newsletter of 2024-2025! I wanted to start a way to communicate and share with you all of the awesome things we did in our PE classroom for our 30 day PE cycle!



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!



Support Your Child in

PE

- Ask about PE class and try the activities together.
- Talk about heart health during Heart Month.
- Set family fitness goals, like 30 minutes of activity daily.



FAMILY FUN FITNESS IDEAS

Active Chores : Turn chores into fun fitness challenges! Who can vacuum the fastest or shovel snow into the biggest pile?

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