



Titusville  
Area School District

# PE NEWSLETTER

NOVEMBER 2024

## WELCOME!

Hello! I'm Mr. Timon and welcome to our 1st PE newsletter of 2024! 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?!

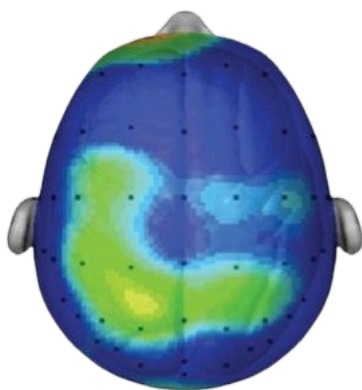
### Healthy Students Make Better Learners!

Students who are physically active tend to have...

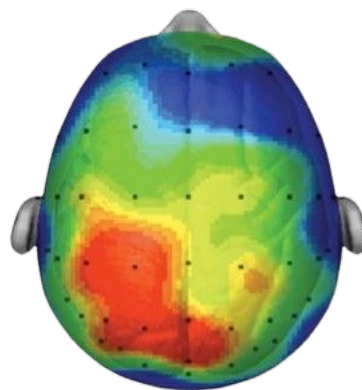
- Higher Grades and Test Scores!
- Greater School Attendance!
- Improved Classroom Behaviors! (*on-task behavior*)
- Better Memory! (*improved learning retention*)
- Increased Concentration!
- Improved Self-Confidence!
- Greater Physical, Mental, and Emotional Health!



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!

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Stay moving and grooving!



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

### 1st - 2nd Grade

**FINISHED** - POPSICLE RACE (*tests Cardiovascular Endurance*)

**NEXT UP** - We'll be building our skills, cooperation & teamwork with:

- Pin Kickball
- Kicking Stations
- Soccer Tag

**COMING SOON:**

- Softball/Baseball Stations
- Uno Fitness
- Tagging Games
- Scooter Hockey
- Throw/Catch Stations

### 3rd - 5th Grade

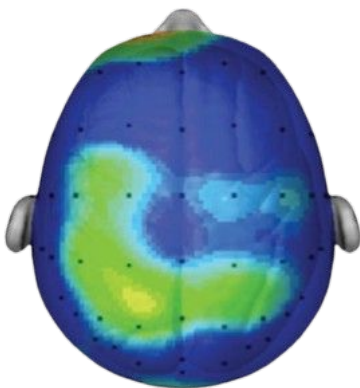
**FINISHED** - PACER RUN (*tests Cardiovascular Endurance*)

**NEXT UP** - We will be working on our "sports" units with skills in:

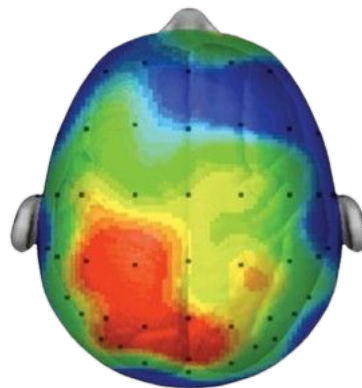
- Mat Ball / Kickball
- Kicking & Soccer Unit
- Softball

**COMING SOON:**

- Softball/Baseball
- Hockey
- Football
- Gaga Ball



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sitting quietly



After 20 minutes of  
walking

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PE PHOTOS  
COMING SOON!