

Physical Education Newsletter

October Edition: Move, Play & Stay Healthy! 

  Fall Into Fitness!

October is a great time to get outside, enjoy the cooler weather, and stay active! In Physical Education, students will continue working on movement skills, fitness, teamwork, coordination, and sportsmanship.

 Healthy Habits for a “Spook-tacular” October!

 Get Moving

Try to be active every day! Ride a bike, play tag, walk with your family, dance, or play a favorite sport.

 Eat a Rainbow

Fruits and vegetables come in all different colors. Try to include a variety of colorful foods in your meals and snacks.

 Drink Water

Water helps your body stay hydrated, especially when you’re active. Keep a water bottle nearby throughout the day.

 Get Enough Sleep

A good night’s sleep helps your body and brain recharge so you’re ready to learn, play, and move the next day.

 Have Fun Being Active Together

Family walks, backyard games, dancing, or a game of catch are great ways to make physical activity a family activity!

October Family Challenge

The “Monster Move” Challenge!

Pick one activity to do together as a family this month:

- ☐ Take a family walk
- ☐ Play a game of tag
- ☐ Have a dance party
- ☐ Shoot hoops
- ☐ Play catch
- ☐ Go on a bike ride
- ☐ Visit a park or playground

Try to make movement fun, not a chore!

★ PE Reminder

In PE, we focus on more than just sports. We are learning how to move safely, work together, show good sportsmanship, and build healthy habits that can last a lifetime.

Have a Happy, Healthy, and Active October!  

Mr. Convissar