

## February 2020

What are we learning in Physical Education...AKA Gym class?

### 3<sup>rd</sup>

- Jump Rope skills: long, short, helicopter, jump bands
- Discuss water, heart health, eating healthy
- Good Character- doing the right thing when no one else is watching.
- Good Sportsmanship- playing by the rules, cheering others on, respecting officials, and winning and losing with grace.

### 1st and 2<sup>nd</sup>

- Jump Rope skills: long, short, helicopter, jump bands
- Discuss water, heart health, eating healthy
- Discussion of team work, earning and friendship
- Good Character- doing the right thing when no one else is watching.
- Good Sportsmanship- playing by the rules, cheering others on, respecting officials, and winning and losing with grace.

### Kindergarten/ Pre K

- Working on listening to directions, and using the equipment with care.
- Jogging laps around the gym
- Jumping Rope by jumping over the rope- playing snake, helicopter
- Jumping in and out of shapes
- Playing games, taking turns

### February Family Extension:

My Plate. Gov- Find nutrition tips and tricks to keep you and your kids healthy through the winter months.

Try a few of these links:

[https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet13CutBackOnSweetTreats\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet13CutBackOnSweetTreats_0.pdf)

Make Celebrations healthy, fun and active:

[https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet20MakeCelebrations\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet20MakeCelebrations_0.pdf)