



# “Health is Wealth”

Physical Education Family Newsletter from MR. O



*“The mission of physical education in the Livonia Public Schools is to assist all students in gaining the competencies necessary to develop and maintain the habits required to lead an enjoyable, healthy, and physically active life”*

### TRIMESTER #3

#### Leadership/ Personal-Social Skills:

- \*Confidence
- \*Empathy
- \*Grit
- \*Integrity
- \*Mindfulness
- \*Reflection
- \*Respectful
- \*Responsible

#### Motor Skills and Movement:

- \*Personal Space
- \*Overhand Throw,  
Batting, Tennis  
Forehand Strike
- \*Walk, Gallop, Skip,  
Leap, Run

#### Health Skills:

- \*Bike Safety
- \*Traffic Safety

#### Cognitive Skills:

- \*Conflict resolution
- \*Motor Skill  
Identification

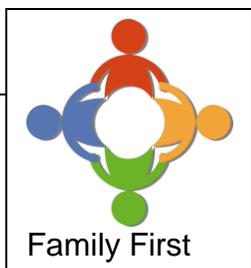
### DEAR FAMILIES,

Here is the spring edition of our PE Family Newsletter. For additional information on our PE program you can access our classroom web page thorough our school website.

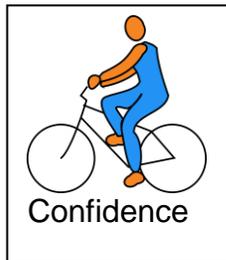
Happy Spring to everyone. Please keep playing, talking, and exercising as a family.

“Family First...Screen Time Last”

Sincerely, Mr. O



Family First



Confidence



Integrity



Reflection

## “Livonia... America’s #1 City

Being the best city means parents and school staff working together. All children are capable of being successful in life. Children are products of their environment. True leadership is doing the right thing both in the presence of others and when no one is watching.

The Physical Education and Health curriculum prepares children for life and helps them grow in four areas: personal-social/leadership skills, motor skills, health skills, and cognitive skills.

Our classroom leadership charge for the months of April through June are to find success by “being confident”, “showing integrity”, and “practicing reflection”

**Confidence** = “believing in yourself”.

**Integrity** = “to do the right thing”

**Reflection** = “thinking things through”

### Field Day



June 1<sup>st</sup> (rain date June 2<sup>nd</sup>)

Grades K-2 = morning  
Grades 3-4 = afternoon

Adult volunteers help make the day a success.

More information coming home soon!



### Kids Heart Challenge Update

Congratulations Hoover Rockets! Our school raised close to \$9000 during **Heart Month**. The donation went to the American Heart Association to help combat heart disease, stroke, and other heart related illness. The “thank you gifts” from AHA arrived and were handed out in school.

