



“Health is Wealth”

Physical Education Family Newsletter from MR.O



TRIMESTER #1

Personal-Social Skills

Respectful, Responsible, Integrity, Grit, Empathy, Mindfulness, Reflection, Kind

Motor Skills and Movement:

- *Personal Space
- *Foot Dribble
- *Instep Kick
- *Underhand Roll
- *Underhand Throw
- *Catch
- *Football Pass (grades 3-4)
- *Walk, Gallop, Skip, Leap, Run

Health Skills:

*Exercise and Fitness

Cognitive Skills:

- *Conflict Resolution
- *Motor Skill identification

“Get spotted being respectful, responsible, & kind”

The Physical Education and Health curriculum encompasses growth in four areas: personal-social skills, motor skills, health skills, and cognitive skills.

The **personal-social skills** practiced in your child’s Physical Education classroom parallel our all-district mission.

Each LPS staff member and parent in our community plays an important role in Livonia

being the best city in America. When adults model what is right the children will follow.

Our classroom mission for September – December is to **“get spotted being respectful, responsible, and kind.”**

Here are some ways we discuss in class:

- Raise your hand to ask a question or share a comment.*
- Keep your body to yourself.*

- Follow the teacher’s directions*
- Help someone that falls down*
- Return recess equipment*
- Take care of your school and your neighborhood*
- Complete your homework.*
- Exercise your heart each day.*
- Use “brain power” to solve disagreements and conflicts*
- Garbage in the can*
- Use the words “please” and “thank you”*
- Be kind to your heart by playing outside each day*

Why P.E. and what happened to gym class?

Special focus given to the athletes, dodge ball, and no attention given to learning...anyone remember gym class growing up? Gym class is synonymous with turning people away from active living.

There is a movement throughout the country to work with parents in helping children develop a healthy lifestyle for a lifetime. At a time when adult and childhood obesity, screen addiction, and anxiety are at an all time high it becomes even

more important that a quality physical education program is provided for our children.

“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.”

The finest of all learning environments is one in which the school staff and parents work in collaboration of one

another. If there is something I can do to assist your son or daughter at school please let me know.

You can find the PE curriculum schedule with assessment procedures, curriculum night video, and web resources for families at my classroom web page located inside our school’s website.

Heart, Heart, Heart!

Mr. O

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(OVER)

"Our school knows the heart is the most important muscle of the body."



Motor Skills & Movement

Sept.-Dec.)

Foot Dribble
Instep Kick
Underhand Roll
Underhand Throw
Catching a rolled ball
Catching a thrown ball
Football Pass (3-4)
Walk, Gallop, Skip, Run,
Leap

Why Practice at Home?

- Be healthy together as a family
- Children need quality time with their family everyday
- Children model their parents



"Exercise is to the heart,
as reading
is to the brain."

Health Skills – Exercise and Fitness

Each class is reviewing the importance of daily movement and exercise. The students are taught that each day is a great day to move...winter, spring, summer, and fall. **A good daily exercise goal for adults and children is 60 minutes or more.**

Why Exercise?

- Improves self-esteem and confidence
- Strong bones, muscles, and ligaments
- Releases endorphins – a natural chemical in our brain that makes us feel good
- Improves brain function.
- Incorporate indoor AND outdoor play. Children that play outside all throughout the year tend to be healthier, happier, and more resilient (when something becomes difficult or hard they persevere...they keep on going!)

Importance of Screen Free Time for Family Fitness

- In today's world it is common for both adults and children to spend over 7 hours a day being sedentary! Many of these sedentary hours are spent with a phone, tablet, computer and/or TV (also known as **screen time**).
- **Too much screen time has health consequences.** It can lead to poor sleep, lower performance in school, effect eyesight, shorten attention span, create difficulty getting along with peers, poor mental health, and other health problems.
- Less screen time frees up time for quality family activities. Family activities can include: meal time together, taking care of the yard, bike rides, walks, sports, games, creative play, and going to the park

