

September 3, 2015

Volume 12, Issue 1

# Physical Education News

Sheehan School

## Back In Action!

Well, we're back in action here in the Sheehan School gym. We have a lot to do and a lot to learn. For those who do not know me, I would like to take the opportunity to introduce myself to you. My name is Jennifer Cook. This is my

fifteenth year teaching physical education here at the Sheehan School. In this newsletter I will give you a brief overview of the elementary physical education curriculum in Westwood.



"Exercise provides an unparalleled stimulus, creating an environment in which the brain is ready, willing, and able to learn."

-John J. Ratey

## Physical Education Curriculum

The elementary physical education curriculum is aligned with national and state standards. The program provides developmentally appropriate concepts and skills that include these four main areas: Game skills, gymnastics skills, dance skills, and fitness skills. It provides ample opportunities for children to practice

these basic concepts and skills in an enjoyable atmosphere. Our program also helps children become confident and competent movers and enables them to learn cooperative and social skills that promote good sportsmanship. We strive to have all children active, involved, learning, and having fun!



## Clothing and Water Bottles

Please make sure your children are dressed properly on the day they are scheduled for physical education. (Please see the schedule on the back of this newsletter.) Students need to have sneakers to participate safely in class. Platform sneakers, sneakers that do not cover the heels, boots, ugs, sandals, and crocs are not safe. Students also need to wear clothing they can move in and don't mind getting a little dirty. Dresses and

skirts are not appropriate. I have found in the past that sending students down the hall to get drinks can be distracting during class time. I am encouraging them to bring water bottles (with their names on them) to class so it will be available to them whenever they need a drink. If your child would like to bring a water bottle to class, please have him/her fill it before he/she comes to school.

## Fall Into Fitness

This September we are starting our fitness program, "Fall Into Fitness and Turn Your Leaves the Colors of Fall."

This is a fitness program for grades 1-5.

exercise with them. If you exercise with them, your children can fill in a second leaf with your name in it and the type of exercise you did.

Each class has a tree filled with green leaves. Students are going to work to turn all their green leaves into colored leaves before the Thanksgiving Holiday.

Students will receive a fitness sheet in physical education class. Each fitness sheet has ten leaves on it. Each day your child exercises he/she will fill in one leaf with the date and the type of exercise he/she did. Students can exercise in various ways such as playing a sport, dancing, riding their bike, playing a tag game, going for a walk, etc.

Once all ten leaves are filled, your child will bring his/her fitness sheet with your signature at the bottom to physical education class. Each time I receive a sheet, one green leaf will turn into a colored leaf with your child's name on it. Your child will also get a new fitness sheet so he/she can work towards another leaf. Once the entire class has turned all their green leaves into colored leaves they will receive an extra physical education class.

Students can put more than one exercise in a leaf, but only one leaf can be used for each day unless you

Please help your children with their sheets if they need it. I'm sure they would love to have you exercise with them when you have the time.

## Get Ready to Move!



I am excited about the new school year! Check out our website for more information on the Westwood Physical Education Program and the special programs here at the Sheehan School. The website also includes a Fall Into Fitness page where you can print out your own fitness sheets.

<https://sites.google.com/a/westwood.k12.ma.us/sheehan-physical-education/>

Keep Exercising!

Jennifer Cook  
Physical Education Teacher  
Sheehan School



"Without health and fitness, wealth is without value, knowledge is useless, art cannot be manifest, and music cannot be played."

-Herophilus

### We're on the Web!

Check out the Sheehan School web page and click on physical education.

### Physical Education Schedule

**Monday:** 1C, 1L, 1W, KM, 4B

**Tuesday:** 5S, 1L, 2M, KT

**Wednesday:** 4C, 3F, 3C, 5D

**Thursday:** 2B, 1W, 1C, KP, 3P

**Friday:** 2G, 2M, 2B, 4D, 5H

