

PHYSICAL EDUCATION CELEBRATES BLACK HISTORY MONTH!!

CELEBRATING

**BLACK
HISTORY
MONTH**

FEBRUARY

**“For me, education means to inspire people
to live more abundantly, to learn
to begin with life as they find it
and make it better.”**

Carter G. Woodson
Father of Black History Month

FEBRUARY 2024

FEBRUARY'S FABULOUS BRAIN BREAK ACTIVITY

FITNESS 52!

A fun, creative way to get students moving in the classroom while also taking a brain break, is by playing ***FITNESS 52!***

Supplies Needed - A deck of 52 playing cards & space to perform locomotor skills!

HEART = CORE **SPADES** = UPPER BODY **DIAMONDS** = LOWER **CLUBS** = FULL BODY

-**TEN** Students will have the opportunity to choose cards out of a deck, **WITHOUT** looking!

-After cards have been chosen face down, the rest of the class as a whole, will vote on the **FIVE** students they want to choose to use THEIR cards! BUT, they don't know what type of cards they have!

-Once those 5 students have been chosen, they will then look at their cards! After they see the **SUIT**, they will then determine which exercise (*upper/lower/full/core*) they want to do!

-The number of repetitions that will be performed will be determined by the number on the cards! (Jack/Queen/King/Ace will count as TEN! (2-10))

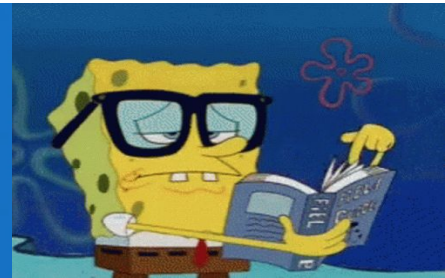
After all five students lead the class through their exercise of choice, you can collect and start again!

STAY UP TO DATE WITH PHYSICAL EDUCATION!

Attached below is a very helpful article that may be a great resource to inspire and educate students on the importance of Physical Activity! This particular article gives great insight on the benefit of Physical Activity and its effect on Mental Health! Give it a read and you won't be disappointed!

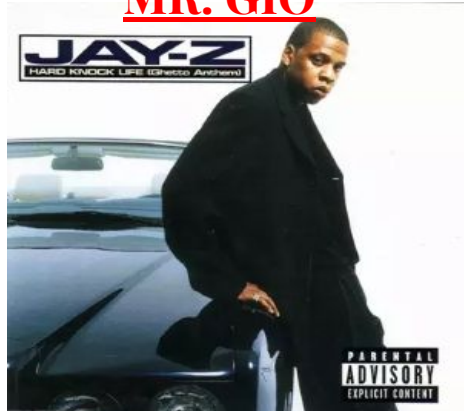
How P.E. Boosts Student Mental Health

- <https://www.nea.org/nea-today/all-news-articles/how-pe-boosts-student-mental-health>



PHYSICAL EDUCATION'S FAVORITE ALL-TIME HIP-HOP ALBUMS !

MR. GIO



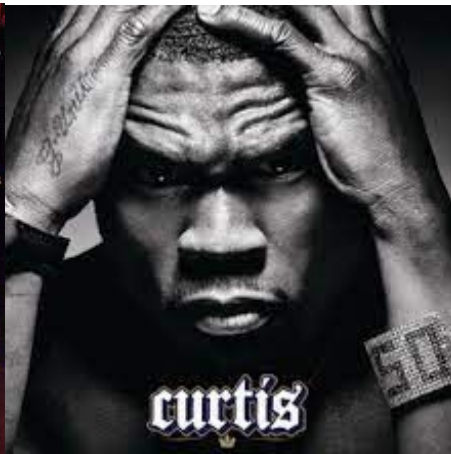
Ms. Rogers
Ms. Maloney
Mr. Arbuse



MS. CHEN
Ms. Ferrarin



Ms. Campbell
Mr. Abbazia



Mr. Schwartz
Mr. Battaglia

MS. K
Mr. Beldi

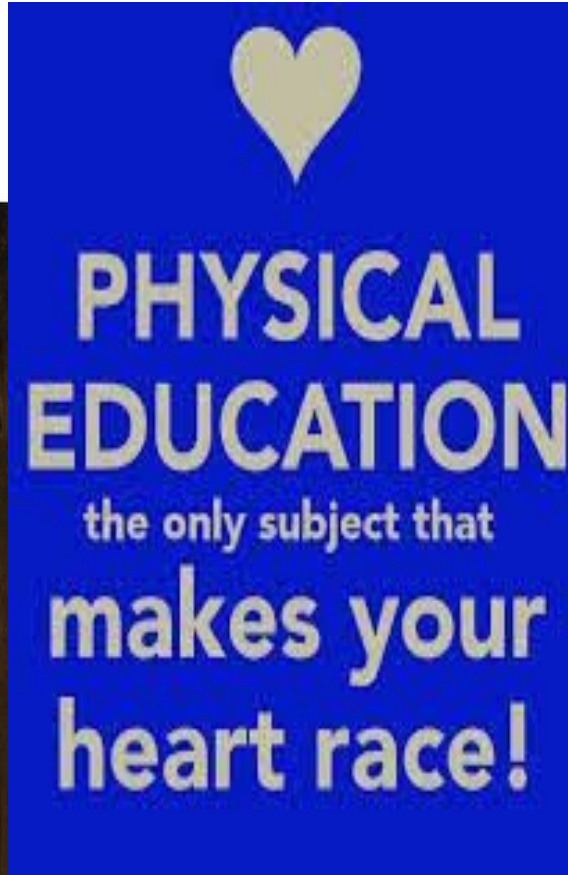
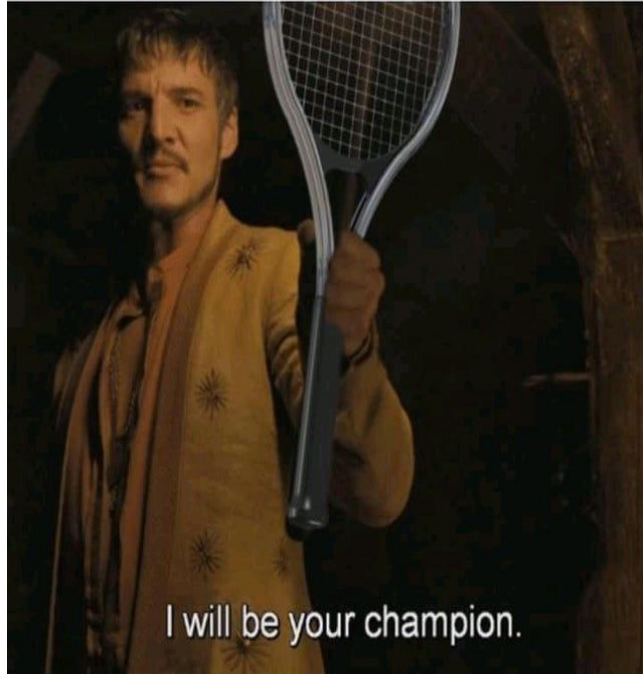
Mr. Moore

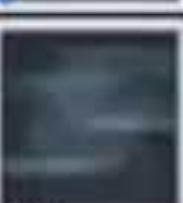
Mr. Skelly

PHYSICAL EDUCATION MEMES OF THE MONTH!

Kid: *doesn't have a partner*

The PE teacher:



	Walking
	Running
	Sprinting
	Sharks and minnows

MEET THE PHYSICAL EDUCATION FEATURED SUPER STAR OF THE MONTH!

The Featured Physical Education Super Star of The Month is Jimmy Ouyang! Jimmy is an exceptional student athlete and has shown great character and skills both inside and outside of the classroom! Jimmy loves hanging out with friends and family during his free time and enjoys helping others! Jimmy's favorite sport is Volleyball! A fun fact about Jimmy is that he has TWO turtles! He loves to eat sushi whenever he can! When Jimmy wants to grow up, he wants to be a Math Teacher! Jimmy continues to give 100% effort and dedication in all of his classes and does his best to excel at all that he does. Keep up the great work Jimmy!



BLACK EXCELLENCE IN SPORTS - JACKIE ROBINSON

"A life is not important except in the impact it has on other lives." - Jackie Robinson is best known for his unforgettable impact in not only Major League Baseball, but in the world of sports as a whole. Jackie Robinson was the first black baseball player to play in the Major Leagues, finally breaking the color barrier that was once in place in Major League sports. On April 15th, 1947, Jackie Robinson made his debut as a Brooklyn Dodger and forever changed the sport as we know it today. Jackie Robinson faced countless challenges and devastating adversity throughout his entire life. However, it never stopped him from becoming one of the GREATEST baseball players and athletes of all-time. Even after he retired from Baseball, Jackie Robinson was a Civil Rights activist and had even worked together with Martin Luther King Jr. Since Jackie's impact, he has been honored every year in so many ways. Hall of Famer Jackie Robinson was the first black person in the Baseball Hall of Fame. The great #42 is retired from every team in the MLB and is honored every year on April 15th for his countless contributions to the sport. Jackie Robinson is a staple in the sports world and without him, sports would never be what they are today.



MEET THE PHYSICAL EDUCATION FEATURED TEACHER OF THE MONTH

The featured Physical Education Teacher of the Month is Ms. Ferrarin! Ms. Ferrarin continues to show great passion and desire for physical education through her teaching! For those that might not know, Ms. Ferrarin is a HUGE Baseball fan! She is a die hard New York Yankees fan and loves going to Yankee Stadium to watch her favorite team play. During Ms. Ferrarin's free time, she enjoys gardening and crocheting! While doing that, she loves to listen to her favorite hip-hop artist, NELLY! Ms. Ferrarin's favorite movie is Top Gun (1986) and her favorite TV show is Golden Girls! A fun fact about Ms. Ferrarin that most people do not know, is that she once worked for the New York Yankees and Detroit Tigers! **Thank you Ms. Ferrarin for all that you do for our Hornets! The HIVE wouldn't be the same without you!**



IMPORTANT DATES TO REMEMBER!

JANUARY 1st - FEBRUARY 26th - Nutrition & Physical Activity

FEBRUARY 2nd - 29th - Individual Performance (Fitness)

FEBRUARY 8th-9th - PACER Testing!

FEBRUARY 19th-23rd - MID-WINTER BREAK! :))))))

FEBRUARY 27th - HEALTH Assessment #1

MARCH 5th - Physical Education Summative Assessment #1

MARCH 12th - HEALTH Assessment #2

MARCH 13th - MARKING PERIOD 1 ENDS! :))))))



MID-WINTER RECESS

A winter scene with snow-covered trees, a small house, and people playing in the snow. The scene is bright and cheerful, with a soft focus on the background.

HAPPY MID-WINTER RECESS!
HAVE FUN AND STAY SAFE! SEE
YOU SOON! :)

FROM,

PHYSICAL EDUCATION