

PS 208

PE News



December 2019

Message From The Teachers

We will be incorporating the New York City Fitnessgram Assessment into our curriculum. More information about this program can be found here: <http://schools.nyc.gov/Academics/Wellness/WhatWeOffer/NycFitnessgram/NYCFITNESSGRAM.htm>

Reminders

- ✓ A key element that contributes to a student's success and well-being is safety. While in P.E. classes students need to wear appropriate clothing and footwear. Clothing should be conducive to movement. Appropriate and safe footwear includes athletic shoes with laces or Velcro. Sneakers should not have a heel.

PE Expectations

1. Participate safely.
2. Show respect to all.
3. Follow the rules and play fairly.
4. Participate with 100% effort.
5. Follow directions the first time they are given.
6. Be kind to others.

What's Coming Up

Each month in Physical Education we focus on a different skill theme. This month we will be improving and practicing our **Physical Fitness** skills. Students will learn how to take their pulse, major muscle groups of the body and different exercises to increase their overall fitness. Ask your child to show you how to take your pulse.

Contact the Teachers

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Thank You