

James J Flynn Elementary School

Hornet Health and Physical Education Newsletter

December 2023



Issue 2

Introduction

Welcome to the second edition of the Hornet Health and Physical Education Newsletter!! In this volume of the newsletter, we discuss what we have learned in both Health and Physical Education the last two months. We will highlight the students who have made the impossible shot!! As always, we will provide you with contact information for your students' health and physical education teacher. Now let's get moving!!



Important Reminders!!

Please remember to have your student wear sneakers that tie on physical education days. Additionally, please leave all jewelry at home. This way, they can safely participate in all our fun activities. They must also be wearing a proper school uniform every day. If you have any questions, please contact your HPE teacher.



Physical Education

What We Are Doing Now

- Kindergarten and First Grade: Throwing and Catching
 - Students are learning the steps for throwing and catching small yarn balls or wiffle balls. We are having a ball knocking down targets and throwing into buckets. We have also begun working on jumping rope!!
- Second, Third, Fourth and Fifth Grades: Football
 - TOUCHDOWN!! Students are improving their football skills!! We are working on running with a football, throwing, catching, kicking and punting. We talk about the NFL, various football players and teams, and how to keep score in a football game.

THE I'M POSSIBLE SHOT

Each class, students have the opportunity to participate in the I'm Possible Shot. If the class meets all of their objectives for the day, their teacher will select students to throw the ball at the I'm Possible Shot. If the students make it, they get their picture on the wall outside the gym!! So far this year, only three students have made it!! Congratulations to:



Health

What We Are Doing Now

- Kindergarten, First and Second Grades: Germs and Hygiene
 - Students are continuing to learn about good hygiene!! We have had great conversations about taking care of our bodies and how to prevent germs from spreading.
- Third, Fourth and Fifth Grades: Communicable and Chronic Diseases
 - Students are comparing and contrasting Communicable and Chronic Diseases. We are discussing why a disease is either communicable or chronic. They will be researching and presenting on various diseases to their peers.

Health at Home

- Continue the conversations that we have in health class. Talk with your students about germs, hygiene, and different diseases. Discuss best practices at your home and what you can do as a family to keep everyone germ free!!

James J Flynn Health and Physical Education Department Contact Information

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❄️ Have a Happy and Healthy Holiday Season!! 🧑‍🎄

🎆 We look forward to seeing everyone in 2024!! 🎆