

Conant Polar Physical Education Newsletter



Spring Edition 2024



By Will Chan

K-2nd News:

One of the favorite activities that we perform in physical education is known as, "Scooterville."

We created a city with stops that include a police station, gas station, swimming pool, and grocery section. Students work on combining their scooter skills with their driving skills as they navigate through the town. Students learn to share, and social play town roles during this event!

Grades 3-6th News:

We worked on exploring the cultural activity of badminton and put this to a tournament format. Students play each other as 2 v 2 format or 1 v 1 format advancing and cheering in the knockout stage.

We also explore the activity of pickleball. Students continuously play and learn various pickleball terminology and eventually enjoy the pickleball tournament style for full participation and fun!

Physical Education Jokes of the Day:

- 1) What is the boxer's favorite drink?
- 2) Where do sport teams go to buy new uniforms?

Fun Facts:

In 1965, the game of pickleball was invented by Representative Joel Pritchard using badminton equipment at their home. Pickleball was nationally recognized as a sport in 1984.

Mindfulness Corner:

Please take a few minutes during the day to try some mindful moments for yourself. It helps clear your mind from stress and revive your mind to be as sharp as ever.

Here a sample that students have practice in class:
Mindful Minute with Coach Meger: Waterfalls

https://youtu.be/nXKZetllg0Q?si=RDyPFcfgGFZ_puNV

Healthy Eating:

The goal of a healthy lifestyle is to eat healthy and maintain weight.

Eating an apple a day keeps the doctor away. Apples are crunchy and delicious. Apples provide a good source of fiber. They are also rich in antioxidants which slows down the aging process for many of us.

They can be eaten and diluted as juice and sauce as needed.

Reminders:

Please wear appropriate clothing on PE days!

Answer Key: 1) Punch 2) New Jersey