

+ P.E. Fun Facts

-Your brain and your heart are both about 73% water.

-By the time you have reached 50 years old you will have walked approximately 75,000 miles.

-It takes about 1 minute for your blood to circulate through the entire body once.

-There are over 640 muscles in the body.



Dickerson Physical Education Activities

Winter is finally here! We hope you had a happy and active holiday break. Our physical education classes are currently wrapping up their basketball unit and are looking forward to beginning scooters.

Scooters are a great way to promote strength, endurance, and coordination. They are also so much fun! Some of the games that we will be incorporating into our scooter unit include battleship, pin ball, superman tag, and Jurassic Park.

Keep an eye out for our P.E bulletin boards. 2nd grade "Dickerson's Family Fitness Wall of Fame", 1st grade "Traveling Sneakers" and Kindergarten "We are Having 'Snow' Much Fun in P.E. this Winter". They are displayed in the hallways by the gym.

WE



P.E.

We are concerned about the safety and well-being of every child that enters the gym and for that reason we ask that your child wear appropriate and safe shoes to class throughout the winter months. If they need to wear boots to school due to snowy weather conditions, please have them pack their sneakers in their backpacks.

+ Healthy Links

www.heart.org

www.nutritionforkids.com

www.cdc.gov

www.letsmove.gov

www.keepkidshealth.com

www.njahperd.org

www.projectfitamerica.org

PHYSICAL EDUCATION FUNNIES

What do you call a slow skier? A Slope Poke

How does a snowman get to work? He rides a By-Icicle

Why did the boy come in first in the 100 yard dash? He had athlete's foot

What do you call a snowman on rollerblades? A Snowmobile

Contact Us:

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Did you know...

There are three important elements of Physical Fitness. If you've ever watched your child(ren) playing on the playground then you've seen these three elements in action.

1. **Endurance:** Running away from a child who is "it"
2. **Strength:** Hanging from and crossing the monkey bars
3. **Flexibility:** Bending down to pick up a ball or tie a shoe

"Physical fitness" is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. –John F. Kennedy



Super Healthy Kids



Snowman Banana

You'll Need:

- | | |
|---------------------------------|-----------------------------|
| 3 slices of bananas | 1 strawberry cut in half |
| 1 carrot stick cut about ½ inch | 2 thin pretzel sticks |
| 1 grape (green or red) | 6 mini dark chocolate chips |
| 1 small box of raisins | 1 bag of skewers |



1. Start by placing a grape on a skewer. Then add a strawberry and three banana slices.
2. Grab your 2 pretzel sticks. Place 1 stick on each side of the middle banana slice for the snowman's arms.
3. Add mini chocolate chips for eyes and a mouth on the 1st slice of banana. Place carrot stick for his nose.
4. Place 3-5 raisins down the 2nd and 3rd slice of the banana for buttons. Enjoy!

What's to Come in the Dickerson Physical Education Program

While we continue to reinforce fitness skills and locomotor movements this year we also look forward to the start of our scooter, pillo polo, and jump rope units.

Important Dates:

2/6 PTO Fun Fair
Fitness Party 1-4pm @ BRMS

2/15 School Closed