



Physical Education

Newsletter

Kindergarten 1st Grade 2nd Grade

The younger children at Erie are starting to get into the Fall theme of activities. We are exploring creative ways to move the body as we begin our days as our warm up. We also did some activities and games in which they need to work together, while using the parachute and foam balls. We all know this is an important stage in a their life when they learn to work with one another and follow directions. Although games are similar throughout these grades, they are modified to accommodate each class so we can all find success.



Next week...

On Monday there will be a substitute and they are going to do activities that the students already know to ensure things run smoothly. When I return we will stick with our Fall theme



3rd Grade

4th Grade

5th Grade

We have been focusing the start of the year working as teams. The last several weeks we've done some team building activities to really challenge one another. I'm extremely proud of how hard the students worked during these activities. I felt inspired watching the students because when I made the activities more difficult they kept pushing forward to complete the task.

6th Grade

7th Grade

8th Grade

Every week we start out with a workout that focuses on a different part of the body. This week we worked on our lungs and hearts as we did some running around the gym. Following the workout we played a game that requires the students to work in teams.



Basketball Season

The basketball season is right around the corner. Be on the lookout for a flyer going home with tryout information. Tryouts will take place the week of October 22nd. As in the past there will be a team for the 5/6 grade girls, 5/6 grade boys, 7/8 grade girls and 7/8 grade boys. Games typically begin in the beginning of December and are on Saturdays. If you would like any additional information feel free to stop by or send me an email at mclement@eriecharterschool.org



Healthy Tips

Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fiber breakfast cereal, low-fat milk or yoghurt, whole wheat toast, and a boiled egg.

