

Stop, Look, & Listen

Ames - East Belfast - Nickerson - Weymouth Schools
Monthly Physical Education Report

Mr. Campbell ~ January 2018 ~ Issue Four, Volume Two

It's Hard to Remember, Right?!

With everything going on at home and a very busy work day, there is no doubt things can get left undone. I understand and appreciate that. However, I have to ask a big favor. When your child heads off to school for Physical Education class, could you have them check their backpack for their sneakers. Without a doubt, sneakers are the number one aid in your child's safety while in Phys. Ed. class. Statistically, a student gets hurt in a Phys. Ed. class every 55 seconds of the school day in America. This is a high number of potentially preventable accidents. This is why I try so hard to communicate to my students the importance of safety in the class setting, as well as preparing themselves for a safe class; i.e., wearing their sneakers in Phys. Ed. class. I have continuously expressed the importance of wearing sneakers with my students and that they are a required equipment for our class. They are designed to hug the foot and are intended to be comfortable and safe but still many students are forgetting to wear them to class. Also, wearing such things as boots and opened-toed or dress shoes instead of sneakers can be harmful (and uncomfortable). Please remind your child to dress ready for Phys. Ed. class.

Physical Education Schedule:

Monday	Ames School - Grade 5 Ryan - Grade 4 Ladd - Grade 2 Nelson - Grade 3 Campbell
Tuesday	Ames School - Grade 5 Federle - Grade 4 Curry - Grade 2 Brennick - Grade 3 Huntley
Wednesday	Nickerson School
Thursday	East Belfast School
Friday	Weymouth School

Sportsmanship in Phys. Ed. Class

Without a doubt, one of the most satisfying moments during my day is when I get to witness a young student showing good sportsmanship. It is clear that a number of students understand the importance of this concept. Examples include helping each other in Phys. Ed. Class without being prompted; encouraging their fellow students; sharing enthusiasm with others who are being recognized; and going above and beyond on behalf of their peers. Keep up the good work!



Presently in Phys. Ed.

At this time we are in the middle of a K-5 basketball dribbling unit! This unit is designed to enhance hand-eye coordination, balance, spacial awareness, and the mechanics of dribbling a ball. Though each class lesson is a bit different, we are still focusing on the importance of movement in Phys. Ed. Additionally, this leads to an elevated heart rate which strengthens the heart muscle, leading to greater oxygen circulation vital to the body's organs. It also burns excess fat and stimulates muscle growth. These are just a few of the perks of dribbling a ball!

Best way to contact me:
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Stay warm!

**Check out the back of this page for
some at-home fun!!!!**

