



PHYSICAL EDUCATION & HEALTH newsletter



DECEMBER 2025

Mrs. Petit

HEALTH EDUCATION

In Health class, we are focusing on **Personal Health and Safety; Growth and Development**, helping students understand healthy daily habits and how to take care of their bodies as they grow.

HEALTH EDUCATION TARGETS

Personal Health & Safety

This typically includes:

- Daily hygiene routines (washing hands, brushing teeth, bathing)
- Keeping oneself safe in different environments
- Understanding when to seek help

Growth & Development

- How our bodies change as we grow
- Healthy habits that support growth
- Taking care of our bodies (sleep, nutrition, hygiene)
- Understanding personal boundaries and safety (age-appropriate).

PHYSICAL EDUCATION LEARNING FOCUS

Our students in grades 1-5

Are learning basic Soccer skills, Ex. dribbling, passing, trapping, and activities that teach offensive and defensive skills . All students in grades K to 5 are also receiving one lesson per week through the C.A.T.C.H. curriculum in conjunction with our Brighter Bites programs.

Fitnessgram Assessments (K–5):

Throughout December, we will also be completing our age-appropriate **fitness assessments**. These help us understand each child's growth and physical development so we can better support their health and fitness.

Fitnessgram December Targets:

Height & Weight (Grades K–5):

We will measure students' height and weight as part of our standard **body composition screening**. This information is kept private and is used only to help track individual growth over time.

•P.A.C.E.R. Test (Grades 4 & 5):

Students in grades 4 and 5 will participate in the **P.A.C.E.R. test (Progressive Aerobic Capacity Endurance Run)**, which measures their **aerobic fitness** in a fun, motivational way. This assessment helps students set personal fitness goals and understand Their endurance levels.

