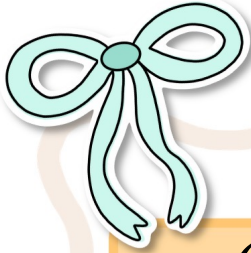


# PHYSICAL EDUCATION

## And Health

May 2026 - N. Petit



### *P.E. Focus*

During the month of May, students are developing fundamental movement skills and working cooperatively with others.

Areas of focus include:

- Throwing & Tossing Skills
- Catching Skills
- Movement & Coordination

#### **FloorBall**

- Grip & ready position
- Stick handling (dribbling)
- Passing
- Receiving
- Offensive awareness
- Defensive positioning
- Safety & control (stick below waist)

### *Nutrition*

#### **•Healthy Meal Planning**

- Create balanced meals using MyPlate guidelines
- Practice choosing healthy snacks (e.g., "5-a-Day" fruits and vegetables)

#### **•Reading Food Labels**

- Identify basic parts of a nutrition label (serving size, sugar, calories)
- Compare food options using simple label information

#### **•Healthy Habits & Decision-Making**

- Explain the importance of eating breakfast
- Identify factors that influence food choices (family, culture, advertising)
- Practice making healthy food choices in real-life scenarios

#### **•Goal Setting (Upper Elementary)**

- Set a personal goal related to healthy eating
- Track progress toward healthier habits



## CONGRATULATIONS!



***Move-to-Improve is a classroom-based physical activity program that helps teachers enhance lessons by integrating physical activity into academic instruction. We are now supplementing 40 additional minutes of physical activity in the classroom/gym to our 120 hours of P.E. per week.***

**The Office of School Wellness Programs has again recognized Granville T. Woods P.S. 335 as a Move-to-Improve All-Star School for the 2025-2026 school year!**

**Move-to-Improve  
All-Star School  
2025-2026**

