

K-8 PHYSICAL EDUCATION

DECEMBER, 2016 NEWSLETTER

GREETINGS

The month of November was a huge success in PE. We have been working on having positive attitudes, even when things get difficult. The students learned some very complex skills last month such as jump rope, hula hoop, and even juggling. This week the students started the badminton unit, which will continue into December.

DECEMBER is going to be a crazy month as the students have a lot going on in their classrooms. At the beginning of December we will be finishing up our badminton unit. The following week will mostly be consumed with the preparation for the infamous Christmas Program. PE will be cancelled for elementary students that week and the middle school students will be in a classroom (12th -14th). Middle school students DO NOT need to dress down that week, as I'm hoping to do a short Speed Stacking unit.

Happy Holidays!

Mrs. Cloud

**O' Fitness Tree, O' Fitness Tree!!!
25 DAYS OF EXERCISE, can you do it?**



14 Fun Fitness Facts

1. Your heart is about the size of your fist and weighs about as much as a softball.
2. In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.
3. The pink under your fingernails is the blood in your capillaries.
4. A person breathes 7 quarts of air every minute.
5. Almost half the human body's weight is made from one of three types of muscle tissue.
6. The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour. Your brain receives 100 million nerve messages each second from your senses.
7. In one day, some 4000 children and teenagers take up smoking.
8. Underwater swimming is the only time you should hold your breath while exercising.
9. Your tongue is the only muscle in your body that is attached at only one end.
10. The three bones of the middle ear are so small all three could easily fit on your thumbnail.
11. If all 600 muscles in your body pulled in one direction, you could lift 25 tons.
12. If the 300,000,000 tiny air sacs (alveoli) in your lungs could be laid out flat, they would cover a home swimming pool.
13. Tongue prints are as unique as fingerprints.
14. There are 206 bones in the human body. One fourth of them are in your feet.