

# Grandview School

## *Physical Education and Health News*

*A "highlight reel" for parents, teachers, administrators and the public*

### **"SUMMER OLYMPICS/PARALYMPICS!"**

Grandview School will celebrate its annual Field Day on Friday, June 7<sup>th</sup> with a rain date of Tuesday, June 11<sup>th</sup>. This year's theme is "Summer Olympics/Paralympics!" wherein students in grades 1-3 will be participating in physical activities related to the 2024 Summer Olympic and Paralympic Games! Field Day will be held at Grandview School during the times listed below. **Come on out and see us!!!**

**We are also looking for many volunteers to help out as facilitators during Field Day.**

**Please contact your NCPE officers for information on how to help and be a part of the day!**

**NOTE:** The times below reflect the starting and ending times for the volunteers. Field Day activities will begin 20-30 minutes after the time listed.

First Grade: 8:30 A.M. - 10:30 A.M.      Second Grade: 10:25 A.M. - 12:25 P.M.      Third Grade: 1:10 P.M. - 3:05 P.M.

Students are encouraged to wear the color of the country (Spain [red/yellow], Sweden [blue/yellow], Canada [red/white], Italy [green/white/red], Jamaica [green/yellow/black] and Argentina [blue/white]) they are assigned to for the day albeit comfortable and appropriate for the weather to allow mobility when exercising...and of course, sneakers. No slip-ons without backs, boots, sandals, flip-flops, crocs, open-toe shoes, twirling shoes, Heely skate shoes, wedge sneakers, Converse extra-hi-top boots, sneakers with exposed springs or strap shoes, please. The students will be told their country shortly before Field Day.

**Thanks for your flexibility with our no jeans policy during gymnastics! We appreciate your efforts in the name of safety!**

### **\*\*\*MARK THIS DATE ON YOUR CALENDAR\*\*\***

Wednesday, May 1<sup>st</sup> → Grandview School's

### **23<sup>rd</sup> Project ACES (All Children Exercise Simultaneously) Program**

9:45 A.M. - 11:00 A.M.

*[Rain Date: Friday, 5/3]*

*Students will be celebrating National Physical Fitness and Sport Month. Students are asked to wear Grandview colors.*

*Project ACES is a student-led and student-driven event. No parents/guests, please.*

**UPDATE:** Students in grades 1-3 are currently completing their spring fitness challenges. The assessments are a part of the FITNESSGRAM test. Congratulations to all students for trying their best! Play 60 minutes a day!

**ADVENTURE EDUCATION** – Adventure Education is a component of the health and physical education curriculum that challenges students to learn how to cooperate, problem-solve and devise strategies to gain success in various games and activities. At the elementary level, many different low-level games and activities can be created and students can participate in small groups or full class challenges to enhance their teamwork and social-decision making skills. Physical education enthusiasts are happy to include these classes in their lessons as students also get a chance to develop their fitness as well as coordination, balance and agility.

**Recess in Elementary School...** Recess benefits students physically, socially, emotionally and mentally. Recess provides students a break from the structured school schedule, so they can exercise, build relationships, use their conflict resolution skills and challenge themselves. Thus, students are ready to learn when they return to the classroom.

**P.E. CHALK TALK:** HAVE A PHYSICALLY ACTIVE AND HEALTHY SUMMER AND SEE YOU IN SEPTEMBER!!!

Yours in Physical Education and Health, James R. Whitney