

Health & Physical Education featuring: *Mr. Barna & Mr. Ramos*

September:

Chelsea Prep community, first and foremost, welcome back!! Excited to get the 2019/2020 school year started with a fresh healthy start, filled with adventure, movement, and skill improvement. Our physical education staff has grown and we are thrilled to welcome Mr. Ramos another physical educator who will join me in teaching health and physical literacy to your children. Students will begin the school year focusing on our rules, and expectations in physical education. Along with establishing routines, safety procedures, our core focus will be simply on cooperative themed games and activities. All of our team-building games that we explore will help in fostering a positive learning environment that in turn; creates a solid foundation for another successful school year.

Please send your child to school with appropriate, comfortable exercise apparel if you have, a water bottle, and of course a positive learning attitude on their designated P.E.days. Our school wide theme is **compassion, respect, and responsibility** and we will visit how those three values play out in the exciting world of physical education.

Our "FOUR-Be's" for success are "*Be a Friend, Be Safe, Be Responsible, and Be a Hard-Worker.*" I will also review our phys. ed. rubric in class with your children that explains to them what it entails to earn a '4' on their report cards. Please review what it means to be a "team-player," with your children, and explain to them that physical education is a place where we learn as a community and compete for fun. We help each other as students, athletes, and healthy movers. September brings in some early stages of games that focus around basic movement concepts (moving safely/ effectively) , cooperative project adventure activities, and basic rules and routines in September. Thanks everyone for helping foster healthy behaviors and habits in our learning community.



October:

Once we've established our routines, and all of our classes are working collaboratively, safely, and successfully, we can then spend some time looking at Volleyball our first unit of study. Mr. Ramos is a former collegiate volleyball player, and we both currently coach volleyball at the high school level as well, so it's fitting we bump, set, and dive are way right into this first unit of study. October, will focus on increasing students awareness of basic volleyball passing, serving and games skills. In addition we will play some modified net games, small sided games, and use a variety of equipment to suit the needs of the students on all grade levels. All of our lessons will be developmentally appropriate across the grade levels, and fitness components, basic movement will always be incorporated throughout our lessons as well. Looking forward to an exiting volleyball unit.



NYC FITNESSGRAM: Is an annual fitness assessment for students in grades kindergarten-twelve that helps students and their families develop personal goals for lifelong fitness. Students complete the assessments in Physical Education class. NYC FITNESSGRAM is not a graded test, and the results are confidential.

You can view your child's NYC FITNESSGRAM results and more information by logging into your NYC Schools Account at [https://www.schools.nyc.gov/school-life/support/nyc-schools-account-\(nycsa\)](https://www.schools.nyc.gov/school-life/support/nyc-schools-account-(nycsa)) (K-3 students) are measured for height and weight only. While (4th and 5th) graders are measured for height and weight, and complete five fitness activities that assess strength, endurance, flexibility, and aerobic capacity. Welcome back everyone :)

