

Health & Physical Education with Mr. Barna

September:

Chelsea Prep community, first and foremost, welcome back!! Excited to get the 2018/2019 school year started with a fresh healthy start, filled with adventure, movement, and skill improvement. Students will begin the school year focusing on our expectations in physical education, along with cooperative themed games and activities. All of our team-building games we take a look at 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 as well in class with you 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 to better each other as students. We will focus our early games around basic movement concepts, 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 our classroom rules, routines, expectations and positive learning environment have been achieved we can dive into our first unit of study. We usually open up the season with some **floor hockey**. The sticks, skills, games, and activities will all be age-appropriate and individually designed to meet your child's needs. Safety will be stressed throughout our exploration, in addition to fitness and health concepts too. Each lesson is designed to increase their skills in hockey, and build towards friendly competitive play. The more knowledge, skills, and confidence we can instill in our students, the more active they will be in their life long journey.



Alongside floor hockey, we will also begin our fitness assessment with a measurement of their **height and weight** for their Body Mass Index score. All parents will have access to their child's **FITNESSGRAM** assessments online at: <http://schools.nyc.gov/Academics/Wellness/WhatWeOffer/NycFitnessgram/NYCFITNESSGRAM.htm>

***Once again welcome back everyone, if you have any further questions, please feel free to email me at my DOE email: JBarna@schools.nyc.gov, and I will get back to you during parent engagement on Tuesdays.

"A healthy lifestyle, not only changes your body, it changes your mind, your attitude, and your mood!"

