**This Month in Health and Physical Education**

Are you curious about the fun and exciting activities our students participate in during Physical Education and Health class?!?!

Volume 3 | Issue 3

11/1/18 – 11/30/18

To keep the body in good health is a duty… otherwise we shall not be able to keep our mind strong and clear.” ~ Buddha

# Physical Education:

\*Soccer - The students will be introduced to the skills and rules necessary to play soccer. The students will practice soccer skills both individually and together in groups as well as enjoy fun soccer activities.

**Health:**

\*Mental & Emotional Health – Students will be introduced to mental and emotional health. Bullying, communication skills, suicide prevention, depression and methods for coping with these topics will be discussed and practiced while in class.

**What Can Exercise Do for Me?**

Exercising improves brain performance. Working out sharpens your memory. Running burns calories! A pound of muscle burns 3 times more calories than a pound of fat. Exercising improves self-confidence.

# Did you know?

The Sartorius is the longest muscle in your body. The Sartorius muscle is a long, thin muscle that runs down the length of your thigh.

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