

# This Month in Health and Physical Education

Volume 2 | Issue 2  
10/1/18 – 10/31/18

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

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## Physical Education:

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

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

## Health:

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\*Nutrition – Students will be introduced to the major food groups and discuss marketing’s impact on peer influence, body image, and eating disorders. The impact of proper nutrition on academic success will also be discussed.

## Find Time to Exercise and Eat Properly!!!!!!!

**Higher grades track significantly with improved physical activity and lower intake of soda and fast food. These findings provide additional support for the role of regular physical activity and its positive effect on academic performance.**

## Mental Health and Longevity

It’s easy to forget how our mental health contributes to our wellbeing. Just like muscles, the brain needs to be exercised and cared for to ensure you are performing and feeling your best.