

This Month in Health and Physical Education

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

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:

*Football - The students will be introduced to the skills and rules necessary to play football. The students will practice football skills both individually and together. Class will culminate with tournament style two-hand touch and flag football games.

Health:

*Body Systems – Students will be introduced to the skeletal, muscular, circulatory, nervous, and digestive system. Through in-class discussion and the use of 3D web site <https://human.biodigital.com/index.html>, the students will learn and explore the major systems of the human body.

Did you know?

1. There are more than 100,000 miles of blood vessels in your body.
2. You can't breathe and swallow at the same time.
3. The average person produces enough saliva in their lifetime to fill two swimming pools.