**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?!?!

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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:

\*Basketball - The students will be introduced to the skills and rules necessary to play basketball. The students will practice basketball skills both individually and together. Class will culminate with tournament basketball games.

**Health:**

\*Body Systems – Students will be introduced to the circulatory and urinary 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.

# School Wide CPR Training!!!!

All Austin Meehan Students will be provided CPR training this month. CPR training dates are January 14, January 16, and January 17. Training will take place in the gymnasium during the students regularly scheduled physical education class.

Mr. Fillioe: Austin Meehan Middle School Health and Physical Education