**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:

\*Ultimate Frisbee – The students will participate in round robin Ultimate Frisbee tournaments during class. Skills and strategies will be practiced and implemented into game situations.

\*Badminton – The students will participate in one-on-one and small group badminton games. Badminton skills will be introduced and rules of the game will be explained.

**Health:**

\*Body Systems – Students will be introduced to the Digestive system and Reproductive 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.

# Spring Sports!!!!!!

Spring sports begin March 1, 2019. Spring sports offered at Austin Meehan are Softball, Baseball, Co-Ed Track & Field, Boys Volleyball and Girls Lacrosse. In order to participate in a Spring sport students must have a completed PIAA physical form that is stamped by a doctor.

**\*PIAA forms are available in the gymnasium.\***

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