

What's going on this month in Health and PE?

"Let food be thy medicine and medicine be thy food." - Hippocrates

PE

This month has brought us indoors. We worked on specific skills with the classes, such as catching and throwing with correct form. We also continued to work on hour endurance, muscular strength and flexibility to improve our scores on the Presidential Fitness testing. We even had a day in the gym when the lights went out! Here are some samples of awesome student activity!

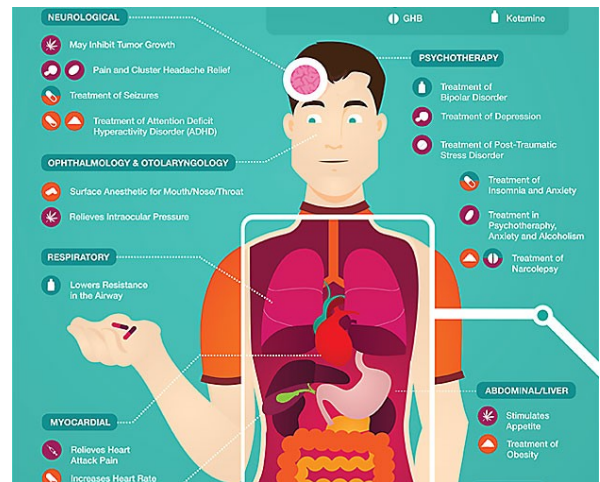


Health Class



5th Grade

Over last couple weeks, the 5th graders have been looking into the dangers of smoking and the health consequences of second-hand smoke. Because it is the holiday season, we have also participated in some activities that dealt with the rights of consumers during this shopping time of year.



6th Grade

The sixth grade has been working on recognizing and identifying the different categories of illegal drugs and discussing what effect those particular drugs have on the human body. Based on the drug effect, the students are able to place them into the proper category. We also looked at the numerous ways in which the use of drug set you back and disrupt you on your path to achieving your goals.