

# Physical Education News K-6

November  
2024

## What's Happening in PE at SSSE....

Nov. 5 - E-Learning Day- look at the chart and spell your name out and do the exercises that match your letter in your name.

Nov. 22 - AL/AU Tailgate

Come eat lunch with your child and enjoy some fun games together.



### P.E. Rules and Expectations

Respect Yourself



Stay on your feet  
Have fun and do your best  
Wear athletic shoes

Respect Others



Don't interrupt others  
Use Good Sportsmanship

Respect This Place



Don't touch equipment without permission  
Take care of our gym

## Family Fitness Calendar

[Family Fitness Activities](#)

## Alphabet Fitness Chart Nov. 5

### FITNESS SPELLING CHALLENGE

Spell a word while performing the exercise after each letter.

A = 15 front arm circles	N = 10 jumping jacks
B = 10 squats	O = 10 count plank hold
C = 5 push-ups	P = 10 ab crunches
D = 10 jumping jacks	Q = 5 sky jumps
E = 10 count plank hold	R = 5 push-ups
F = 10 ab crunches	S = 10 bunny hops
G = 15 back arm circles	T = 10 knee to elbows
H = 5 sky jumps	U = 15 front arm circles
I = 10 knee to elbows	V = 10 squats
J = 10 bunny hops	W = 10 single leg hops
K = 10 leg lifts	X = 15 back arm circles
L = 10 alt. toe touches	Y = 10 leg lifts
M = 10 single leg hops	Z = 10 alt. toe touches

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## Word of the Month Teamwork

