



December P.E. Elmira Elementary

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PE Google Classroom

Every student is included in a PE Google Classroom. They can access this from anywhere and it is on their Chrome Book. There are many Fitness Choice Boards that I have created with a variety of activities. Exit Tickets or Activity Logs are due every Friday and can be turned in from their online classroom every week. Missed one for quarter 2? No problem, They can still turn it in.

Each student gets a grade for participation on their report card.

Class Code for K-3= zhqx5lt
Class code for 4th grade= s4advvh
Class code for 5th grade= em4wyfn

Tips to Stay Healthy for the Holidays

- Wash hands often
- Bundle up to stay dry and warm
- Manage stress & talk about feelings
- Practice fire safety & escape routes
- Prepare food safely & eat healthy
- Exercise together & get outside in the fresh air when you can
- Laugh & play together



Safety Tips for Sleds and Snow Tubes

1. Always supervise children. Injuries can occur quickly when kids are sledding or snow tubing. It's important to keep a close eye on them.
2. Keep away from motor vehicles. Often, sledding hills are not far from highways or roads. It's important to keep a safe distance.
3. Sled in proper "form." Kids can prevent injuries by sledding feet first or sitting up, instead of lying down head-first.
4. Find a clear area. Pick a sledding location that is clear of obstructions like trees or fences and is covered in snow.
5. Choose a good sledding hill. A sledding hill should not be too steep and should end with a flat runoff.

Our Turkey Trot Winner will be announced on 12/11 and will receive a PE bag of fun equipment to have at home!

Turn in by 12/10
in your Google
Classroom!

CATCH Day is the first Tuesday & Wednesday of each month. Still need a CATCH shirt? Click [here](#) for a t-shirt order, or you can place your order before 12/18/20 online at <https://elmirapta.new.memberhub.store/store>