



# January P.E. Elmira Elementary

[jherbert@fernridge.k12.or.us](mailto:jherbert@fernridge.k12.or.us)

## 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



## Family Fitness & Nutrition Challenge

Who's ready to win? I challenge your family to get a head start on your health in 2021. Every time your family makes a healthy meal or snack choice, write it down in a heart. When your sheet is full, turn it in however it is easiest. The more you complete, the more chances you have to win. If you would rather do fitness, fill in a star for every 30m done. I will draw a winner for each, for family prizes on February 26th! The sheet to track your healthy choices or fitness can be found at the bottom links and printed, or picked up in the Family Challenge box in front of the school at any time.

[Nutrition Sheet](#)

[Fitness Sheet](#)

## 6 Tips For Building Healthy Habits in 2021

1. Set specific goals.
2. Make your resolution realistic.
3. Limit your number of changes.
4. Form a daily routine.
5. Create accountability.



## Walk Your Way to Health

Some people think walking doesn't really count as proper exercise, but getting active through walking:

- Helps you maintain a healthy weight
- Increases 'good' cholesterol
- Reduces blood pressure
- Builds healthy bones and muscles
- Improves balance
- Reduces the risk of falls

