



March P.E. Elmira Elementary

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PE Skills February/March:

- Jump Rope
- Striking/Paddles/Badminton
- Air Hockey
- Basketball
- Throwing/Catching
- Fitness & Endurance

It is so great to have kids back in the gym all day everyday. Please remind your kiddo to wear something comfortable for PE and bring PE shoes if necessary. They come everyday they are here and have Activity Logs to fill out for the days they are at home.

CATCH DAY

The first Tuesday & Wednesday of every month are CATCH days. Kids will be getting lots of fitness at school on those days and learning a nutrition lesson. We encourage kids to wear their CATCH shirts if they have them. We will be doing some drawings for EES water bottles, EES pedometers, and CATCH shirts. Click [here](#) for a new t-shirt order.



Monthly Health Tips

March is National Nutrition Month – Kick it off with 5 Tips to Boost Your Family’s Health

- Eat breakfast every day.
- Plan as many home-cooked meals as you can.
- Eat plenty of fruits and vegetables.
- Beware of sweetened drinks.
- Choose food sensibly when eating out.

CATCH Mile Club Totals

We finally got to have a running day!

Kinder 33 miles	3 rd Grade 41 miles
1st Grade 46 miles	4 th Grade 36 miles
2 nd Grade 46 miles	5 th Grade 23 miles

1 day Total for 2021 = 254 Miles

Congratulations to Gavin & Evelyn in 3rd grade for winning the Family Fitness & Nutrition Challenge! Enjoy your Ladder Golf Sets!