

## Winter 2016 Physical Education Newsletter Henry B. Burkland & Mary K. Goode Schools

Hello students and families of Middleborough elementary schools! We would like to take this opportunity to tell you about some of the events and things going on in our physical education classes!

The week before February vacation, our first and second graders will participate in a Snow Ball event in the gym focusing on stepping with opposition. There will be several winter themed targets set up around the gym for the students to roll at, underhand toss to, and overhand throw at, all while remembering to step with the opposite foot to ensure accuracy!

February is heart healthy month and in recognition of that, the physical education department has sent home a fitness challenge / scavenger hunt for all students to complete! If your child successfully completes the challenge, he/she should bring it in to his/her physical education teacher to be recognized!

Finally, in early April, the physical education department will hold 4 pool nights to encourage our 4<sup>th</sup> and 5<sup>th</sup> grade students to show off some of their new skills to their parents/guardians! Please keep an eye out towards the end of March for information about when your 4<sup>th</sup> or 5<sup>th</sup> grader's class will be invited to attend!

Thanks for all that you do to help keep our students active and healthy!

### **JEEPERS CREEPERS WEAR YOUR SNEAKERS!**

Over the past month or so, we have noticed a significant number of students forgetting to bring/wear their sneakers on physical education days. Depending on the activity, many of these students need to sit out because participation would not be safe in the shoes they are wearing. PLEASE HELP US! Remind your child to wear or at least bring his/her sneakers on gym days so that all are able to participate safely and to the best of their ability!



### **Winter Activity Calorie Burning!**

**Ice Skating ~ 306 calories per hour!**  
**Sledding ~ 408 calories per hour!**  
**Cross Country Skiing ~ 408 calories per hour!**  
**Building a Snowperson ~ 285 calories per hour!**  
**Having a Snowball Fight ~ 319 calories per hour!**  
**Making a Snow Angel ~ 107 calories per 30 minutes!**  
**Sitting Watching TV ~ 0 calories per hour!**  
**Playing Video Games ~ 0 calories per hour!**

**MOTIVATE**  
**HYDRATE**  
**FEEL GREAT**

Hydration is important in every season! We often forget to drink plenty of **WATER** in winter because we are usually not hot and sweaty. Remember to continue to try and drink a few glasses of water everyday to help keep your body regulated and working at its best! If you do not like it plain, try adding some fruit such as cucumber or lemon to add a little **flavor!**

### **IT'S FUN TO GO TO THE Y-M-C-A!!**

The Middleboro YMCA has some great opportunities coming up for students to continue to be active during the winter and spring months!

- **Kid's Triathlon!!** On February 28<sup>th</sup>, the YMCA is holding a triathlon for students ages 8-13. The kids will be split into two age groups and will compete for the best time in swimming, biking, and running distances.  
Ages 8-10: 100 yard swim, 3 mile bike, and half a mile run  
Ages 11-13: 200 yard swim, 6 mile bike, and 1 mile run.  
The cost per child is \$25.00. For more information, contact Matt Pilla at the Middleboro YMCA.
- **BOKs Program!!** The before school morning program is running again in the Burkland gym starting March 1<sup>st</sup> going through May 5<sup>th</sup>. They meet every Tuesday and Thursday morning from 7:55-8:40. The cost per child is \$30.00. This is a great way for kids to get their bodies active before school to help get their brains focused throughout the day!

### **Local Places to Stay Active Indoors!**

- **Sky Zone, 101 Kingston Collection Way, Kingston, MA 781-514-SKY5**  
A trampoline park with programs and activities for all ages and abilities!
- **Pump & Jump, North Main Street in West Bridgewater**  
Also a great trampoline park!
- **Ryan Family Amusement, Route 44, Raynham, MA 508-822-2304**
- **Round 1 Bowling, Silver City Galleria Mall, Taunton**

