

Welcome to *Newmarket Elementary* Physical Education! My name is Nancy Miller and I have been teaching physical Education for 31 years! We will be working to encourage healthy habits and to teach students that movement is fun. The goal is for our students to be confident and skilled movers and to choose to be active for a lifetime!
We are looking forward to an exciting year!

Physical Education Newmarket Elementary

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What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:

What this means to me:

1

demonstrates competency in a variety of motor skills and movement patterns.

I have the skills to move and play.

2

applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

I show that I know how to move and use a plan when I play games.

3

demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

I show that I know how to get fit and stay fit.

4

exhibits responsible personal and social behavior that respects self and others.

I act fairly and respectfully when I play.

5

recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

I know why it is important to be physically active.



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Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA

The CDC recommends that children get at least 60 minutes of moderate to vigorous exercise daily. Recommendations for adults are 150 minutes per week. Your child receives Physical Education *once a week for 45 minutes.*

How can families help promote physical activity in PE and beyond?



Move and play with your child as much as you can and model good healthy habits. Now is the time to create these habits!

Emphasize the importance of respecting self, others, and giving their best effort. Ask your child what they learned each day.

If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her strengths. If your child cannot participate due to illness or injury, please send a parent note to the nurse and PE Dept. Your child, health and safety are a top priority!

Help your child come to Physical Education prepared with sneakers, water bottle, and play clothes. Please help your child learn to tie their shoes as this will help them be safe while participating.

Choose active pursuits beyond the school day:
 NES Hot Shot Jump Rope grades K-5
 NES Cross Country grades 4 & 5
 NES First Tee Golf grades 2 - 5
 Newmarket Youth Athletic Association