

# SEPTEMBER

## P.E. News



### Open Gym Schedule for 2019 – 2020

Monday: Grade 5

Wednesday: Grade 4

Friday: Grade 2 and 3

**Attention all runners!** Students in grades 3 to 5 have been invited to join other elementary schools in the Hampton Ed. Centre in 5 cross country meets that will be taking place at Hampton Elementary School and 1 meet in Saint John. If you are interested in joining our school team, come see Mrs. Henry to sign-up and get a permission slip. The first run begins on Sept.11<sup>th</sup>!



### What's Happening in the Gym?

Welcome back Hawks! Let's get our bodies moving. September is always a busy time in the gym. The focus this month will be gym routines and procedures, basic movements, endurance, team building, and being safe during physical activities. Students will practice these skills through a variety of games and stations. We will also be bringing P.E. outside to hike on the trails and practice our skills on the field.



Hampton Elementary School will be participating in the **Terry Fox National School Run Day** on September 27<sup>th</sup>. Students will learn about the heroic efforts of Terry throughout the month and have the opportunity to raise funds for cancer research. Stay tuned for more details.



### "I Can" Statement of the Month

*I can move safely through a variety of physical activity indoors and outdoors (Grade 2).*

*I can be safe in a variety of physical activities (Grade 3).*

*I can select safe practices in a variety of physical activities (Grade 4).*

*I can act respectfully and safely in a variety of physical activities (Grade 5).*