



PHYSICAL EDUCATION NEWSLETTER

APR/MAY 2025

OUR GOAL FOR PHYSICAL EDUCATION!

To develop our physical literacy by having the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

ACTIVE HEALTHY FAMILIES!

Moving to Learn. Learning to Move.

Summer Activities



Kids Bowl Free - Big Al's in Milpitas

2 Free Games, 5 Free Arcade Credits

You can also purchase a Family Play Pass and Shoe Pass.



First Tee Program - San Jose, Palo Alto, Gilroy
8 Week Program or 3-Day Camp

*8 week program - Practice Class (6 weeks at the range, 2 weeks on the course)
Course Class (6 weeks on the course, 2 weeks at the range)



Apply for Financial Aid (The First Tee program does a great job providing assistance to families)

Registration: Wednesday, 5/14 to Thursday, 5/29



Youth on Course's goal is to provide kids with access to golf. To become a member, there is a \$40 fee, with financial aid opportunities available.



WHAT WE HAVE LEARNED SO FAR...



Soccer & Basketball



Our main focus during these units was on

developing basic skills—dribbling, passing, and shooting—needed to play small-sided games, while applying concepts from our Invasion Basics unit, such as off-ball movement, spreading out, and maintaining a defensive stance.



WHAT'S NEXT?

Non-Traditional/ Backyard Games

Students will participate in a variety of activities that can be enjoyed either at local venues or at home. They will learn how to play games such as bowling, Spikeball, putting (mini-golf), cornhole, ladder toss, etc. At the end of the unit, students will work in small groups to design, present, and play their creative games.

Review

Students will review and participate in various sports and games they have learned throughout the year



Health/Fitness

Students in 5th grade will be introduced to nutrition lessons based on the 5210 health program.

4th grade students will review and continue practicing how to measure their heart rate during physical activity.

Once you become a member, you will have access to rounds of golf for \$5 at participating courses. Some courses may have specific times when this offer is available.



Check out my virtual learning website for ideas on how to stay active at home.



REMINDERS!

For any student with an illness or injury, please contact me directly. If the illness or injury lasts for three or more days, a doctor's note is required. Be sure to include your child's teacher's name on the note and send it to both me and the health office. This helps me identify your child, as I teach over 340 students

Please ensure your child is wearing appropriate clothing and shoes to P.E. on P.E. days (Bishop: T/Th, Cherry Chase: M/W/F)!



Please refer to the [slide deck](#) on additional information regarding P.E.

Contact Me:

anthony.benavente@sesd.org



BOLETÍN DE EDUCACIÓN FÍSICA

ABR/MAYO 2025

¡NUESTRA META PARA LA EDUCACIÓN FÍSICA!

Desarrollar nuestra alfabetización física teniendo el conocimiento, las habilidades y la confianza para disfrutar de una vida de actividad física saludable.

¡FAMILIAS ACTIVAS Y SALUDABLES!

Moviéndose para aprender. Aprender a moverse.

Actividades de verano



Kids Bowl gratis - Big Al's en Milpitas

2 juegos gratis, 5 créditos arcade gratis



También puedes comprar un Family Play Pass y un Shoe Pass.



Programa First Tee: San José, Palo Alto, Gilroy
Programa de 8 semanas o campamento de 3 días

*Programa de 8 semanas - Clase de práctica (6 semanas en el campo, 2 semanas en el curso) Clase de curso (6 semanas en el curso, 2 semanas en el campo)



Solicite ayuda financiera (el programa First Tee hace un gran trabajo brindando asistencia a las familias)

Inscripciones: miércoles 14/5 al jueves 29/5



El objetivo de Youth on Course es brindar a los niños acceso al golf. Para convertirse en miembro,



LO QUE HEMOS APRENDIDO HASTA AHORA...



Fútbol y baloncesto



Nuestro enfoque principal durante estas unidades

fue desarrollar habilidades básicas (regate, pases y tiros) necesarias para jugar juegos reducidos, mientras aplicamos conceptos de nuestra unidad de Conceptos básicos de invasión, como el movimiento sin balón, la dispersión y el mantenimiento de una postura defensiva.



¿QUÉ SIGUE?

Juegos no tradicionales/de patio trasero

Los estudiantes participarán en una variedad de actividades que pueden disfrutar ya sea en lugares locales o en casa. Aprenderán a jugar juegos como bolos, Spikeball, putting (minigolf), cornhole, lanzamiento de escaleras, etc. Al final de la unidad, los estudiantes trabajarán en grupos pequeños para diseñar, presentar y jugar sus juegos creativos.

Revisar

Los estudiantes repasarán y participarán en varios deportes y juegos que han aprendido durante el año.



Salud/Fitness

Los estudiantes de quinto grado conocerán lecciones de nutrición basadas en el programa de salud 5210.

Los estudiantes de 4to grado repasarán y