

# Sawyer Physical Education Newsletter November 2007



Turkey time is here! Now, only one month until Christmas! Have you started your shopping?! YIKES!

October was a fun-filled month in P.E. Check out all of the neat things we did!

**HAPPY THANKSGIVING!**

## Kindergarten and First Grades:

- *Overhand* and *underhand* throwing was our focus this month. The 'Popcorn' activity was a riot! We threw yarn balls and beanbags into the 'popcorn machine' and some of us got to 'pop' the popcorn.
- Ask me about my heart and the 'Oxygen Cycle'. I learned a lot about my heart and how it works. I learned, in order to stay healthy, I should eat healthy foods, get enough sleep, and exercise!

## Second Grade:

- We practiced our overhand throwing and punting/kicking this month and we used footballs! Playing '2 on 1 Football' was exciting. We learned about the jobs of the quarterback, receiver, and defender in this game. We even tried to score touchdowns!
- *Fitness* was an important concept this month. We learned how to find our pulse and why our heart is so important. The 'Fitness Obstacle Course' was a blast and a real challenge for us! We performed different fitness activities around the gym for 4 minutes without taking a break!

## Important Happenings in November:

- **American Diabetes Month:**  
<http://www.diabetes.org/home.jsp>
- **National Healthy Skin Month:**  
<http://www.aad.org/default.htm>
- **Great American Smoke Out:**  
<http://www.cancer.org/docroot/home/index.asp>

## November Snack Idea:

### Yummy Apple Crisp



#### Ingredients:

- 4 medium peeled or unpeeled cooking apples, sliced (about 4 cups)
- 3/4 cup all-purpose flour
- 3/4 cup packed brown sugar
- 1/2 cup quick-cooking or regular oats
- 1/3 cup chopped walnuts
- 1 1/2 teaspoons of ground cinnamon
- 1/2 cup margarine or butter, softened

#### Directions:

- Heat the oven to 375°.
- Spread the apple slices in an ungreased 8-inch square pan.
- Mix remaining ingredients with fork; sprinkle over apples.
- Bake uncovered until the topping is golden brown and apples are tender.

## Remember to Turn in Your Fitness Calendars!!!

- Thank you to **SOPHIE PATTON**, in Mrs. Bumgardner's class, for turning in her fitness calendar. She has earned 2 fitness feet for doing so. Way to Go Sophie!!!
- Visit the Physical Education website to print off multiple copies of items you may have missed in the PE Newsletter!
  - [http://www.sturgeonbayschools.org/Sawyer/PE/sawyer\\_school\\_pe.htm](http://www.sturgeonbayschools.org/Sawyer/PE/sawyer_school_pe.htm)

## A New Game to Try!!!

**Oba** is a traditional Columbian game that challenges kids' stamina and creativity, and is a great activity in the neighborhood or during recess. For directions on how to play, visit McDonald's *Passport to Play* website at: [www.passport2play.com](http://www.passport2play.com)

