

RATTLESNAKE HEALTH ENHANCEMENT

October was a busy month for our Super Snakes! We cruised through our Flag Football and Overhand Throwing Unit. Students practiced dodging and fleeing while staying low and square in many different fitness games like Flag Tag and the Hot Potato Challenge. Grades 3-5 were introduced to protecting the football as they ran, along with passing and catching. They applied those skills in games such as Corner Football, Perfect Pass, Team Touchdown, Boom City, Snake Run and Superbowl. Our K-2 students practiced using the overhand throwing cues in exciting fall themed games such as Clean the Yard, Move the Monster, Speed Racer, Steal the Candy, Popcorn and Ghostbusters. They also warmed up their bodies with activities such as Noodlecise, Fire and Ice Tag and a Room on the Broom Relay Race.

During our short week, 4th and 5th grade students collaborated to film and produce Spooky Film Trailers which we premiered during specials on the morning of October 31st. The K-2 students had special guests, Turning the Wheel, a nonprofit arts and education organization dedicated to making body based creative expression and play accessible to individuals of all ages. Students also practiced responsibility by cleaning up trash around our campus and Pineview Park on a sunny fall afternoon.

As part of our Happy Habits, students learned the deep breathing method called Balloon Breathing. We focused on inflating the balloon in our belly on our inhale and releasing the air from the balloon with every exhale. We also discussed Responsibility as it was our PurposeFULL People trait for October. In PE, is it our responsibility to come to class ready to give our best effort, wearing proper footwear and working to stay on task. We are officially in boot season so if you could help your students remember to have a pair of tennis shoes for PE week, it would be greatly appreciated! Muddy, wet, clunky boots make it challenging for us to participate.

With the first trimester ending, you will be receiving the Specialist Team Narrative via the Rattlesnake Register (the school newsletter) on 11/10. This document will include our Trimester 1 Learning Intentions. Please visit my HPE webpage for more information and resources!

Warmly, Mrs. Lewis

[HPE Webpage](#)