

# RATTLESNAKE HEALTH ENHANCEMENT

'IF WE DON'T TAKE CARE OF OUR BODIES, WHERE WILL WE LIVE?'

Dear Rattlesnake Families,

And just like that, September has come and gone. Hopefully your children have shared with you their excitement about our time together in PE! All students have made a commitment to be a part of our Team Super Snake, with daily goals of moving our bodies (safely), having fun and being PurposeFULL People. PurposeFULL People is our school wide Social Emotional Learning campaign and for the month of September we focused on KINDNESS and RESPECT.

I will be introducing 'Happy Habits' throughout the year, where we will learn strategies to improve our well-being. We have already discussed how being kind to others and being the recipient of kindness can have a strong positive impact on how we feel. We started an *Other People Matter* campaign to spread kindness. We have also began practicing deep breathing techniques, such as snake breathing and balloon breath, to bring our bodies back to steady state before returning to our classrooms. Ask you children to show you how!

Each day in PE, the Super Snakes start out moving through locomotor laps to get the blood flowing and muscles ready for more movement. We then huddle up at our home spots where our student Assistant Coach leads us through our dynamic stretches. We chat about our learning intentions for the day and breakdown the cues for success for those skills. Following our daily huddle up, we move into some epic tag games and then skill practice through drills and engaging games.

We kicked off September with a game unit devoted to introducing HPE expectations such as being a good sport, communicating and problem solving, and being a responsible and safe participant. We played Banana Tag, Do You Want to Play, Morphing, Pass the Noodle and Rock Paper Scissors Tag. We also introduced frisbee! Students

learned how to throw and catch the disk and then put their skills to the test in the popular games of Frisbee Hula Hoop Relay, Freedom Catch, Team Pinball, Capture the Frisbee and FOLF at Pineview Park. If you have a frisbee at home (or even a paper plate), I encourage you to ask your kids to demonstrate what they have learned!

Please visit my HPE webpage to learn more about the ins and outs of Health Enhancement here at Rattlesnake.

Warmly,

Mrs. Lewis

[HPE Webpage](#)

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