

## **JJIS Health and PE May/June Newsletter**

**Please have your students bring a water bottle to PE  
We will be going outside now till the end of the year pending weather**

### **Grade 3 Physical Education**

**Capture the Animal - JJIS's version of Capture the Flag. Students will be using gross motor skills, as well as cooperative learning skills during the game. Students will be learning about movement patterns and game strategies.**

### **Grade 4 Physical Education**

**Capture the Animal - JJIS's version of Capture the Flag. Students will be using gross motor skills, as well as cooperative learning skills during the game. Students will be learning about movement patterns and game strategies.**

### **Grade 5 Physical Education**

**Capture the Animal - JJIS's version of Capture the Flag. Students will be using gross motor skills, as well as cooperative learning skills during the game. Students will be learning about movement patterns and game strategies.**

### **Grade 3 Health Education**

**Students have been learning about Nutrition in Health class. Introduction of the five food groups based on the food plate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) as well as the six basic nutrients that our bodies need. We learned about where foods are located in the five food groups by using our fake food and having students make meals based on the foods that they were given. Moving into June we will be covering Physical Fitness Unit and the Four components of Fitness (a state mandated requirement for Physical Education in Grades 4)**

#### **Grade 4 Health Education**

**Grade 4 Health classes are finishing the Unit on Alcohol. They learned what alcohol is made from, what it looks like and what negative effects it can have on the human body. We also read a play about Alcohol and its effects on the Human Body. For the month of June, Grade 4 classes will be ending the school year with a unit on Stress.**

#### **Grade 5 Health Education**

**Grade 5 students are just finishing up the unit on Human Growth and Development. They learned about heredity, Stages of Growth, Endocrine System, Adolescence and Puberty and Personal Hygiene. Grade 5 students will be starting a unit on First Aid. Students will be making First Aid Kits and learning the basics of first aid.**