



## This week in P.E.

### What's Happening In

**Kindergarten:** Students will be working together in fun and cooperative games focusing on dodging and fleeing.

**1-2:** Students will be working on their dodging and fleeing while modeling team work.

**3-8:** Students will be using their offensive and defensive skills in a game called "Capture the Chicken Bones." Students can apply simple defensive strategies while working together as a team.

#### **Burn off that Halloween Candy!**

1 Reeces Peanut Butter Cup=105 calories=9 minute swim

1 Fun Size Twix=75 calories=13 minutes of weightlifting

1 Fun Size M&M's=88 calories=8 minute run

1 Fun Size Starburst=40 calories=4 minutes of jump rope

#### **Reminders**

Children should be wearing a shoe that is comfortable for them to run in

Children should be wearing clothes that are easy for them to move around in.

Check with your child's teacher to see which days they have P.E.

## Contact Coach Rachel

Email: [rmccord@excaliburschools.org](mailto:rmccord@excaliburschools.org) Phone: 480-671-4584