

# The Fizz-Ed Times

North Park Physical Education

“It’s for everyone!”



## PE News!



Welcome Back!  
2010-2011

It’s going to be a wonderful year! We have many wonderful events planned for this year. Students in all grades will be participating in Fit Kids, 2010 Stack Up, Jump Rope for Heart, Project ACES, Field Days and more!

- Students in grades K-2 have just earned their “PE License” by learning the “PE Rules of the Road”!
- Students in grades 3-5 are participating in pedometer lessons!

## Fitness Fanatics!

Complete the Fitness Calendar and turn it in to become a Fitness Fanatic!



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## North Park is becoming a “Healthy Highway School”!

During the 2010-2011 school year, North Park will be participating in a program called Healthy Highway. Wendy Cooper, a retired PE teacher from western NY, developed this program. This program will support our well-established “Fit Kids” program, and will help students learn about health, wellness, and good character while on the “Healthy Highway”! Check out her website at

<http://www.healthy-highway.com>

Special thanks to our PTA for supporting this program!

Students are learning about the “PE Rules of the Road”



Students work together to create puzzles

## Upper Elementary Students Cooperate!

Students in grades 3-5 worked together to solve a puzzle project! Students worked in small groups to create puzzles based on the concepts of Play Fair, Play Safe, Play Hard, Show Respect, and Cooperation.