

Ms. Peterson's Newsletter

Stephen/ Argyle Central's First Grade Classroom

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I am **very excited** about this year's first graders. They seem like a very energetic group that is ready to learn. I have chosen a very motivating topic this year that I think will be very enjoyable for the students.

I mainly will be stressing about **physical fitness and why exercise is fun**. I know every child is thrilled about sports, exercise, and having fun. I want to make it a learning experience for them but also let them have fun and know why they are doing these activities at the same time. I think they all have an idea about what exercise is, but I want them to consider how to stay fit.



Here is a website your child can look at to see what is coming up for the next year.

<http://www.fitness.gov/funfit/10tips.htm>

This website went in to great detail about the **10 Tips to healthy eating and physical activity for your children**. Also they show a kid's activity pyramid. It states what they should be cutting out of

their after school activities or just only spending an hour watching TV instead of two hours. It talks about how the children can do physical activities with their *friends, family, and by themselves*.

Tom Schneider wrote "Everybody's a Winner: A Kids Guide to New Sports and Fitness." This is a book I recently sat down and read that I will be using to help guide me. It is a guide to all new non-competitive sports and games which don't need special equipment and which anyone can play. Includes such games as **New Frisbee, Volleyball, Hunker Hauser**, and information on **Fitness and Yoga**.

There is a kit I will be working with this year, that I am thrilled I found. It is called "Personal Fitness: Looking Good, Feeling Good [kit]." This specific program emphasizes individual personalities and attitudes to keep students involved in the learning process and show students everyone- not just athletes- can be healthy and physically fit.

Since the children are learning how to stay fit and that exercise is fit; I will also be teaching

the first graders about HEALTH!! Which foods have too much sugar?

I will stress what foods are a good after school snack and what certain food gives them energy.



My lesson plan for this year will be very thrilling for you children. I will have the students explore playing areas at the school

(e.g., *playground, fields*). I will also discuss the changes that take place in the body during physical activity (e.g., *breathing and heart rates increases, body temperature rises*). When the weather is decent, we will be going outside to play shadow. This is a game where they will be able to notice how different body parts move.

Throughout the course of the year, they will be charting what physical activities they participate in. Whether it be in school at gym, during recess, at home with their friends, family, or by themselves. They also will each get a food guide pyramid and they will chart what healthy food they ate during the day. I will also be sending out another letter about the snacks throughout the year. I want to start a healthy snack project. Each student will be assigned a week, where one day during that week they bring in a healthy snack for the entire classroom. They will then explain why

it is healthy and if it will give them energy throughout the day.

I also have to ask the school board, but I am going to plan seasonal trips to natural settings. So I can take the kids on an adventurous hike or to a park.

I also want the students to be able to share what they are doing for physical activity, so they will be bringing activities played at home to share with their first grade classmates.

These are just a few of my ideas that I think the children will enjoy and take part in. I hope you enjoyed this letter and I am also hoping for a great year ahead with your first graders.

If you have any questions please be free to e-mail me or call me. I will be more than happy to talk to you.

*Thank
You*