

# Physical Education News

January 2025

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## Happy New Year!!! This December & January in PE class:

### **K & 1<sup>st</sup> Grade**

- We finished our Soccer Unit.
- We began our Throwing and Catching Unit.
- We started by learning how to throw underhand using proper form.

### **2<sup>nd</sup> & 3<sup>rd</sup> Grade**

- Students finished the Soccer Unit by playing Soccer Hoopla. Ask your child to explain the game to you.
- We began our Throwing and Catching Unit and will continue it during January.
- We started by learning how to throw overhand using proper form.

### **4<sup>th</sup> & 5<sup>th</sup> Grade**

- We finished our Hockey Unit in December.
- Students finished the Hockey Unit by playing Hockey Hoopla. Ask your child to explain the game to you.
- We began our Fitness Unit and will continue it in January and February. Students will participate in the Fitnessgram tests. We started by practicing the PACER.

## **What's Happening at PS 748 in the Health & Wellness World:**

- 2<sup>nd</sup> Grade students are having a great time participating in the CHAMPS afterschool program.
- Classroom teachers continue to use Move to Improve in their classrooms to get students moving throughout the day.

## **Reminders:**

- Have your children wear sneakers everyday they have P.E. (Your child's classroom teacher will share this information with you.)
- Please also wear clothes that are comfortable and that you can move easily in for PE. School Spirt Wear would be perfect.
- If you would like to discuss your child's/children's progress in Physical Education class at any time, please reach out to me at: [RNeff@schools.nyc.gov](mailto:RNeff@schools.nyc.gov)

## **P.E. Quote of the month:**

**"Learn from yesterday, live for today, hope for tomorrow."  
- Albert Einstein**