

**At the end of the day, if I can say I had fun, it was a good day.
- Simone Biles**

Hello Vernfield Families,

One trimester down, two more to go. Once again, finding it hard to believe that we are motoring through this year. It's those old sayings: "Time flies by when you're having fun" & "Make your vocation your vacation." This time of year is always enjoyable for all ages. One of the main ideas I try to help the students at Vernfield understand is that you DO NOT have to play a sport to be a healthy, active individual. I've been encouraging them to just go outside, run around and play....be a child.

With the colder weather arriving, it is going to be more difficult to go outside and play. However, if dressed warm enough, a child can spend a great deal of time outside. With the Winter Break approaching, it will be the perfect time for your child(ren) to go outside, explore, and play; especially with the shorter days this time of year.

It has been a great start to the 2017-18 school year and I look forward to continuing that success as we enter the New Year. Enjoy your holiday break!!

Sincerely,
Mr. Gross (PE Schoology Access Code: 7R94M-4RJ92)

PE IS 4 ME!!!

Kindergarten	1st & 2nd Grade	3rd, 4th, & 5th Grade
<p>Since we only meet every other cycle, we are still continuing our work on spatial awareness and body control through a variety of movement activities. A lot of these activities have a purpose from an educational perspective. Quite often, teamwork and communication is involved; as well as some healthy concepts, such as making better food choices.</p>	<p>We are beginning to explore manipulatives (scarves, beanbags, and ball-skills). Our manipulative-skill activities will incorporate our locomotor movements, as well as various small and large group work. These skills are an important foundation for the older grades when we work on sport-specific skills, as well as our team-building activities.</p>	<p>During the next few cycles, we will be wrapping up our fitness “tests.” While I have not been stressing the importance of physical fitness at their age (provided that they go outside and PLAY), I have been explaining the importance of understanding some of the concepts necessary to be a healthy individual. The last few cycles will be seasonal and transition into the new year.</p>

PLEASE REMEMBER TO WEAR YOUR SNEAKERS TO PE CLASS!!