



Elementary Physical Education

Fall 2017

Physical Education Teachers

Andrew Capone K-3
Kristilyn Breault K-5
Caleb Sutliff 4-5

Teachers Contact:

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Physical Education at HCS



The school year is underway and we are in full swing with our PE curriculum. We are all very excited and looking forward to a great year of working with students in Physical Education at HCS.

The first quarter included units such as Movement Concepts, Locomotor Skills, Ball Skills, and Physical Fitness.

Students recently discussed the physical fitness components and were assessed in these

areas. We strive to teach students to self assess their personal fitness levels, analyze the data and motivate them to remain physically active throughout the school year.

Upcoming units include; Racquet Activities, Jump Rope, Basketball, Movement to Music, Bowling, Tumbling, Cooperative Games, Running and Recreational Sports.

There are many benefits to being active and we encourage you to work with your

children outside of school to ensure they get enough physical activity each week.

Along with being physically active, children should also have good nutrition habits. Please help your child by providing healthy/nutritious meals and snacks during the day and at home.

Dates:

Assembly Game:

December 22nd

Wear red and black



Please Note



- All students need to wear sneakers and appropriate PE attire on Physical Education Days.
- Communicate with the school nurse, classroom teacher and

PE staff if your child has a specific medical condition or changing medical need.

- Do not hesitate to contact the PE staff via e mail or phone, should you have any

questions or concerns.

- We look forward to a great year of Physical Education at HCS.