



Elementary Physical Education

Fall Newsletter 2020

Physical Education at HCS

Physical Education Teachers

Andrew Capone
Grades 1 & 3

Kristilyn Breault
Grades K, 2, 4

Caleb Sutliff
Grade 5

Teachers Contact:

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- * Coach Breault—
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The school year is underway and we are in full swing with our PE curriculum. Although this year has brought some changes, we are very excited to be back!

encourage you to work with your children outside of school to ensure they get enough physical activity each week.

There are many topics we will be covering this year and we hope your student is able to enjoy and learn from them.

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.

Fall units include; Movement Concepts, Locomotor Skills, ball handling and sports skills in soccer, frisbee, football and golf.

We will be going outside daily for physical education so please check the weather and have your son/daughter dress accordingly.

There are many benefits to being active and we

Coats, gloves, hats, thick socks, and sneakers will be needed during the colder months.

As we head into winter we will be sending home a letter to bring in winter clothing (such as snow pants, and boots).

We look forward to another fun and active school year!

Go Tanagers!

Important Dates:

Virtual Turkey Trot

Nov 13th -20th

Harvest Games in PE

Nov 16th-20th

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 email or phone, should you have any questions or concerns.
- PE is provided twice a week for your son/daughter. Please

- check the classroom specials schedule for the day and time.
 - **Google classroom** is up and running for daily activities and weekly review videos.
- Grades K-2: 5oy65dj**
Grades 3-5: vzy6ix6