CENTRAL PHE 2026 NEWS

NOVEMBER/ DECEMBER EDITION
PHYSICAL HEALTH AND EDUCATION

LEARN WHAT IS HAPPENING IN PHE THIS FALL

NOVEMBER & DECEMBER

WE HAVE HAD AN EXCELLENT START TO THE YEAR. STUDENTS ARE LEARNING ROUTINES AND EXPECTATIONS AND HAVE HAD FUN LEARNING NEW ACTIVITIES, PLAYING TEAM GAMES AND UNDERSTANDING THE IMPORTNACE OF MOVING OUR BODIES. FOR NOVEMBER AND DECEMBER:

INTERMEDIATE STUDENTS FOCUS IS:

- INLINE SKATING
- 2 DAY BIKE PROGRAM FOR GRADES 4-5
- PICKLEBALL AND JUMP BANDS
- YOGA AND BALANCE
- NINJA COURSE!
- CHRISTMAS GAMES

PRIMARY STUDENTS FOCUS IS:

- LOCOMOTOR SKILLS
- INLINE SKATING
- STRIKING SKILLS AND JUMP BANDS
- YOGA AND BALANCE STATIONS
- NINJA COURSE!
- CHRISTMAS GAMES

INLINE SKATING



- INLINE SKATING NOV 2-13
- EQUIPMENT IS PROVIDED FOR EVERY STUDENT (HELMET, SKATES, WRIST GUARDS, PADS).
- SEE NEWSLETTER SENT OUT

CENTRAL SOCCER TEAM



THE CENTRAL SOCCER TEAM CONTINUES TO BATTLE IT OUT ON THE FIELD EVERY TUESDAY FOR GAMES. GO TEAM!

TOURNAMENT DATES WILL BE COMING SOON. THE TOURNAMENT WILL BE SCHEDULED AFTER SCHOOL DURING THE WEEK OF NOV 9. STAY TUNED!

GRIT AWARD OF THE WEEK



CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO ACHIEVED THE "GRIT" AWARD FOR THE MONTH OF SEPTMEMBER AND OCTOBER. THESE STUDENTS DEMONSTRATED PERSEVERANCE, EFFORT, GRIT, DETERMINATION AND SPORTSMANSHIP IN PE CLASS.

SEPTEMBER

- NAOMI T
- ELIJAH E
- DEMI R
- SIANYL R

OCTOBER

- SOHYEON
- ROBIN K
- CAITLIN V
- THEO C

CROSS COUNTRY RUNNING TEAM

CONGRATULATION TO OUR CROSS COUNTRY RUNNING TEAM! OUR CENTRAL ATHLETES REPRESENTED OUR SCHOOL VERY WELL WITH FIERCE COMPETITION, GREAT ATTITUDES AND A WILLINGNESS TO TRY SOMETHING DIFFICULT. WAY TO GO, CENTRAL!



REMINDER





PLEASE PROVIDE INDOOR RUNNERS FOR YOUR CHILD K-5 FOR GYM CLASS. PLEASE NO CROCS OR FLIP FLOPS. IF YOUR CHILD HAS LACE UP RUNNERS, PLEASE ENCOURAGE PRACTICING THIS VERY IMPORTANT SKILL AT HOME. CHECK OUT ON YOUTUBE:
-THE KIDSPLAINER HOW TO TIE YOUR SHOES -

HUB CYCLING BIKE PROGRAM

GRADE 4-5 STUDENTS WILL PARTICIPATE IN A TWO DAY BIKING PROGRAM. NOV 4, STUDENTS WILL REVIEW BIKE AND ROAD SAFETY IN THE CLASSROOM. NOV 5, STUDENTS WILL PRACTICE SKILLS AND BE CHALLENGED LEARNING NEW SKILLS AND TECHNIQUES RIDING A BIKE. SEE ATTACHMENT.



ANY QUESTIONS? EMAIL
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