CENTRAL PHE 2026 NEWS

SEPTEMBER/ OCTOBER EDITION
PHYSICAL HEALTH AND EDUCATION

LEARN WHAT IS HAPPENING IN PHE THIS FALL

SEPTEMBER & OCTOBER

THIS FALL IN PHE, WE'RE BUILDING STRONG TEAMS! STUDENTS WILL LEARN PHE ROUTINES, EXPECTATIONS, PRACTICE TEAMWORK AND REFLECT ON WHAT IT MEANS TO BE A POSITIVE TEAM PLAYER.

INTERMEDIATE STUDENTS FOCUS IS:

- COOPERATIVE GAMES
- TEAM BUILDING CHALLENGES
- RUNNING AND INCREASING STAMINA THROUGH TAG AND MINOR GAMES
- SOCCER
- RUGBY
- WHEELCHAIR SPORTS OCT 26TH-30TH

PRIMARY STUDENTS FOCUS IS:

- LOCOMOTOR SKILLS
- TAKING TURNS AND MOVING TO OPEN SPACE
- RUNNING TAG GAMES
- SOCCER ACTIVITIES
- CATCHING AND THROWING
- WHEELCHAIR ACTIVITIES OCT 26-30TH

CROSS COUNTRY (XC) RUNNING

ARE YOU IN GRADE 3-4 OR 5? WOULD YOU LIKE TO JOIN THE CROSS COUNTRY TEAM? IF SO, HERE IS THE SCOOP!

THE XC TEAM MEETS 2X/WEEK. THE PURPOSE OF A CENTRAL RUNNING TEAM IS TO GIVE ATHLETES AN OPPORTUNITY TO LEARN HOW TO BE PART OF A TEAM, BUILD RUNNING STAMINA, PARTICIPATE IN RACES, GAMES, AND VARIOUS ACTIVE TEAM CHALLENGES.

WHO: GR 3-5
WHEN: MONDAYS & THURSDAYS SEPT 14-OCT 15 (& WEDNESDAY OCT 14TH)
TIME: 2:30-3:25
WHERE: CENTRAL MAIN FIELD
RACES: ATHLETES HAVE AN OPPORTUNITY TO PARTICIPATE IN 3 CHILLIWACK RACES:

CROSS COUNTRY RACES: 3:30 PM START:
#1 THURSDAY, OCT 1 @ TOWNSEND PARK
#2 THURSDAY, OCT 8 @ FAIRFIELD ISLAND
#3 THURSDAY, OCT 15 @ SARDIS SPORTS COMPLEX

COMPLETE THE PERMISSION FORM, COME PREPARED (H2O BOTTLE, RUNNERS) AND BRING A GREAT ATTITUDE!

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 -

GRIT AWARD OF THE WEEK

GRADE 4 AND 5 STUDENTS HAVE AN OPPORTUNITY TO EARN THE "GRIT" AWARD AT THE END OF THE MONTH. THE "GRIT" AWARD IS GIVEN TO A STUDENT WHO HAS DEMONSTRATED PERSEVERANCE, EFFORT, GRIT, DETERMINATION AND SPORTSMANSHIP IN PE CLASS. STAY TUNED!

CENTRAL SOCCER TEAM

CENTRAL IS LOOKING TO PUT A GRADE (3)4-5 TEAM TOGETHER FOR THIS FALL. A TEAM MEETING WILL BE CALLED MID SEPTEMBER FOR STUDENTS THAT ARE INTERESTED.
PERMISSION FORMS WILL BE POSTED IN THE GYM AND AT THE OFFICE AFTER THE TEAM MEETING.

TERRY FOX RUN SEPT 25

STUDENTS WILL BE PRACTICING TO BE READY TO RUN TO SHOW SUPPORT AND SCHOOL SPIRIT FOR TERRY FOX. BRING $2 DONATION FOR TERRY IF YOU WOULD LIKE TO CONTRIBUTE.

ANY QUESTIONS? EMAIL ILEANAGRAHAM_SD33.BC.CA