

PHYS. ED. & ATHLETIC DEPARTMENT

COMMONWEALTH-PARKVILLE SCHOOL

- PARENT'S CORNER -
MOTIVATING SCHOOL-AGE KIDS TO BE ACTIVE

Sixty minutes — that's how much physical activity kids should get each day. But as kids get older, increasing demands on their time can make getting a full hour of exercise a challenge. And some kids get caught up in sedentary pursuits like watching TV and surfing the Internet.



So how do you get kids motivated to be active, especially those who aren't natural athletes? Kids can be fit even if they're not winning sports trophies. The key is finding activities they enjoy. The options are many — from inline skating and bike riding to tennis and swimming.

When kids find an activity that's fun, they'll do it a lot, get better at it, feel accomplished, and want to do it even more. Likewise, if they're pushed into activities they don't like, they're unlikely to want to participate and will end up feeling frustrated.

SO FAR IN THE PE CLASS

The students in CPS are learning to be fit and have fun playing together.

PPK has been working with music & movement and some balance activities.

PK through 1st grade started the year with parachute games. They are also participating in relays, cooperative games, space



awareness activities and balance.

2nd & 3rd graders are participating in fitness activities, balance and space awareness relays.

4th, 5th & 6th graders are also working with fitness along with volleyball and soccer skills.



2011 MINI VOLLEYBALL TOURNAMENT

The 2011 CPS Mini Volleyball Tournament was held on September 30 — October 1st at Commonwealth-Parkville School. Many schools



participated as both girls' and boys' teams competed for the title. The tournament was a complete success. We would like to thank everyone who helped organize and make the event run smoothly. We also want to congratulate the girls who played in the finals and finished second and also the boys for all their hard work and dedication. **GO COMETS!**

HIGHLIGHTS

SAFETY WEEK: TRIKE-A-THON

- **Tennis Season** starts on November 1st at Centro de Tennis Honda in Bayamón.
- **Indoor Soccer Intra mura l Tournament** it's still on at lunch time. 5th & 6th graders are having a blast.
- **Soccer Season** starts in November (we'll keep you posted).
- Stay tuned **AND FIT** for upcoming news about the **2011 TURKEY RACE!**
- **Sports Clinics at Parkville**

Sign up for sports clinics:

- ⇒ **Basketball**
- ⇒ **Volleyball**
- ⇒ **Soccer**

(Please contact the PE Department for more information)

GO COMETS!

On September 16, 2011 we celebrated our 1st Trike-A-Thon. Students from PPK through Kinder learned about bike safety and had the opportunity to bring their bikes to school and enjoy a beautiful day of bike riding in school.

Students had a great time making this a very successful activity. We are looking forward to making this a traditional **CPS** activity!

