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# Academic Standards

## Physical Education and Health Newsletter January 2023



Welcome back to the second half of the year. I hope that you were all able to enjoy some time off with family and friends making memories for a lifetime.

The second half of the year is always exciting for me because it's like getting a second start of the first day of school. What I mean by this is that this is a perfect opportunity to go over expectations and routines, and get students motivated for the remainder of the year. It's a great time to change things up and try something new. I would have my students make a goal for the second half of the year and we would work on goal setting, goal tracking and accountability. This gives students a chance to restart as well. However you decide to start your new year, remember to make it fun for yourself and your students. The happier you and your students are, the more learning will occur.

Read below to see how you can include some positive fun activities into your lessons.

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### **The Great Kindness Challenge January 23 - 27, 2023**

**What is the Great Kindness Challenge? Click [here](#) to find out how your school and families can join in on the Great Kindness Challenge.**

### **National Compliment Day January 24th, 2023**

**Are you celebrating National Compliment Day with your students? This is a great opportunity to build in relationship skills into your lessons by learning what a compliment is and how they can make someone smile. Click [here](#) to find out how you can celebrate National Compliment Day with your students.**

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**"Bringing Movement into the Classroom and Academics into the Gym"** an article written by Danna Lorch talks about Massachusetts Institute of Technology and an experimental new course that rethinks the relationship between brains and bodies in schools. Click [here](#) to read the full article.

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### **Recess Law SB1083**

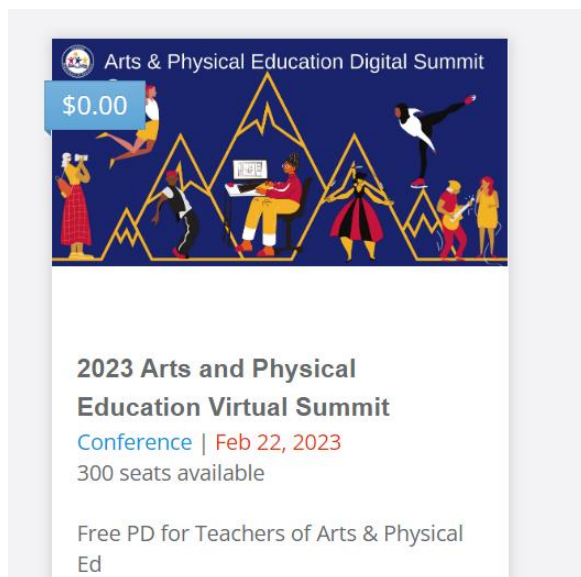
**Did you know Arizona has a law that requires students in K-5 to participate in 2 recesses a day?**

On April 4, 2018, Senate Bill 1083 was signed into law. The law requires all schools that have grades K-5 provide two recess periods per school day. Per the law, recess is defined as "a period of time during the regular school day, including time before or after a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils".

Studies have found that recess benefits students by improving their memory and attention, helping them stay on topic in class, reducing their disruptive behavior, and improving their social development, according to the Centers for Disease Control and Prevention (CDC).

If you would like to find out more on how to improve recess practices in your school, please click here [\(ADE recess page\)](#).

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**Free Event!**

**2023 Arts and Physical Education Virtual Summit**

**Date:** Wednesday, February 22, 2023

**Location:** Virtual Meeting

**Registration**

**link:** <https://azed.geniussis.com/Registration.aspx?FilterSectionIndex=8690>

Have you checked out the Physical Education Data Project?

The [Physical Education Data Project](#) is an online tool utilized by the Arizona Department of Education that offers insights into physical education course offerings and participation rates in Arizona schools. The Dashboards allow users to explore the state's physical education data, exploring statewide geographic comparisons, county-/district-/school-level reporting, enrollment information, and trends in enrollment over time.

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