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Academic Standards

Physical Education and Health Newsletter December 2022



Welcome to December! I can't believe it's already the last month of the year. When I think about the year I have had, I think about the challenging moments, the blissful moments and the successes I have achieved. I reflect on how my choices throughout the year has helped my overall wellness and I think about the changes I need to make for my personal growth. Reflection helps me create new goals and brings a clear picture of what I want to achieve, taking baby steps along the way of my path. Sometimes hitting bumps along the way and navigating a new direction to that goal.

I invite you to take a minute this December and reflect on your year. How have you grown? What are some goals you want to set? It's never too late to set a goal, it might be the end of the year but there's still tomorrow.

Home For The Holidays!

The holiday season always brings some cheer around the school. Holiday activities and events are going on and the students and teachers are getting excited about their holiday break. This is the case for most, but as educators we must remember that for some of our students, school is their safe space and they might feel anxious about the holiday season. So as you are enjoying

your activities with your students, remind them how much they mean to you and that you will miss them.

Holiday PE games

I have gathered some links for some holiday activities that are standard-based that you may want to share with your students. Enjoy these great resources:

[Shape America December Activity Calendar](#)

[The PE Specialist Holiday Themed Activities](#)

[Keep Kids In Motion Holiday Activities](#)

[Marathon Kids - 5 holiday themed PE games](#)

I wish you all a happy holiday season and hope you get to spend it with family and friends. Stay safe, stay active and enjoy your well deserved time off.

[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 [\(ADE recess page\)](#).

UPCOMING EVENTS COMING SOON!

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.

[Click Here for Physical Education Professional Development Opportunities](#)

Is your school looking for some specific Physical Education professional development? Click the link and fill out the form. [District Professional Development](#)

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