



May Is Fitness Month & Keep Kids Moving



Forbes School Physical Education Newsletter



A.C.E.S. Day and Keep Kids Moving May 6, 2020

Physical Education at Home - Visit your PTO's Facebook page for the letter of the day

Mark Your Calendar

- May 6—A.C.E.S. DAY at home using the letter “A”
- May 7th—letter “B” to create an exercise
- May 25—Memorial Day
- Virtual Jump Rope Team End of the Year Show—TBA
- Kidsmarathon will not take place so remember to do the A,B,C's of fitness

A.C.E.S. Day

Project ACES began back in 1989 by Physical Education Teacher Len Saunders, of New Jersey. Len wanted to get one school in every state to exercise at the same time on a specific day in May to motivate his physical education classes to exercise. The program was also designed to show the importance of Physical Education in school!

The program has been growing and growing each year. The first year of Project ACES in 1989 they had 240,000 children participate worldwide. In the year 2002, the state of Michigan had almost 400,000 participants. Project ACES is now

organized and managed by Len and HJ Saunders, both of New Jersey.

Keep Kids Moving is our final project for the school year. We cannot have our usual end of the year events due to Covid 19 but we need to stay fit, exercise and get plenty of rest.

On Wednesday, May 6th Forbes School celebrated A.C.E.S. Day with all the other elementary schools in the district by exercising at home for 15 minutes. The P.E. Teachers demonstrated on each school's PTO Facebook page the components of fitness.

Mrs. Harrington demonstrat-

ed abdominal strength with sit-ups. Mr. Mahar demonstrated upper body strength with push-ups; Mr. Egan demonstrated cardiovascular endurance with laps and Ms. McMurdy demonstrated flexibility with stretches. Hopefully everyone found time in their day for similar exercises using the letter “A”.

Each day following A.C.E.S. Day, one of the P.E. teachers will announce another letter of the alphabet for you to use to be active on that day. “Like” the demo for each teacher and have your parents post your picture or video on each school's PTO Facebook page and Have Fun!!

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KEEPING CHILDREN AND YOUTH TURNED ON TO PHYSICAL ACTIVITY



May 1-7 is National Physical Fitness and Sports Month and this is the 37th year that it is being celebrated. Keeping children interested in physical activity is one of the biggest challenges facing parents. Almost half of young people between the ages of 12-21 do not participate in vigorous activity on a regular basis.

The lack of physical activity is a national crisis leading in many cases to overweight children who grow up to become physically inactive, obese adults. During this month : National Physical Fitness and Sports Month, NASPE is urging parents and schools to help children explore a wide variety of activities that children enjoy and encourage them to continue to participate on a regular basis. The theme for this project is Teach On: moving forward mindfully.

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NASPE wants families to incorporate at least 60 minutes of daily moderate physical activity. This challenge is not about finding the time to do the activities, rather it is helping each child identify a sport or activity they enjoy as much as TV, video games or playing computer games. NASPE also recommends that parents limit the amount of time children watch TV or play computer games to 2 hours a day. If parents engage in daily physical activity so will their children. Remember to stay active for life.

What Will I Wear?

SPRING ATTIRE

It is getting warm outside and everyone wants to wear their new spring outfits. However some of these outfits are not appropriate for school.

Shorts, shirts, pants and skirts must fit appropriately, not too tight and not too loose and not too short. To many children play while holding up their clothing or trying to cover their stomach with a shirt too short. This is not a safe way to play.

Sneakers without backs or those with single straps, loose laces or no laces as well as sandals are not appropriate or safe for physical education or recess.

Grade 4 should jump from station to station when it is time to rotate.



YES



NO



NO

Visit Forbes on Line

Go to:
www.torrington.org then click on Forbes to find out what is new at Forbes



Click on Physical Education to visit the P.E. page and upcoming events for the jump rope team.



The new muscle of the month for May is the triceps which is located on the back of the upper arm. This muscle helps you extend your arm at the elbow. You do push-ups to strengthen it.

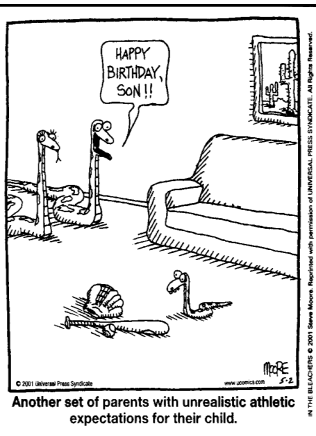
Grade FIVE should skip at the running station.

Wellness Festival, Postponed until next year

For Fitness Month, take part in Keep Kids Moving



It Can be More Than Just a Bump on The Head!



When Spring Sports begin so do bumps bruises and knocks on the head. Know the signs of a concussion

Frequent Signs of Concussions

1. Vacant stares
2. Slow to answer questions or follow instructions
3. Confused and unable to stay focused
4. Disorientation—Unaware of time/date/place
5. Slurred or incoherent speech

6. Stumbling, unable to walk in a straight line
7. Distracted
8. Memory deficits
9. Any period of loss of consciousness

For more information on brain injuries and this syndrome (concussions), visit www.biaact.org and www.ctsafekids.org.

June Activities

Next Year



The Forbes Flyers will not be attending the National Tournament due to the pandemic.

Annual End of the Year Jump Rope Show

The annual end of the year jump rope show will be a virtual one. The coaches are working on plans and a date for the event to air. We will keep you posted.



Penny Power

Pennies are coming in and we have collected



over \$200



Fat Sneakers



Sneakers with loose laces have become a real safety hazard during recess and physical education classes.

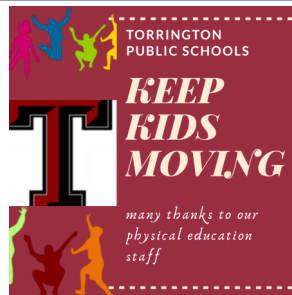
Students slip right out of the shoes, kick them off or unable to participate without falling because the sneakers do not fit securely on their feet. Please make sure your child wears athletic sneakers that fit properly and tie tightly to protect their feet and ankles.

Kids Marathon

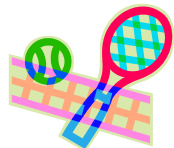
Due to the Coronavirus the Kids Marathon will not take place this year.

We want you to keep running with adult supervision and to keep track of your mileage. You can e-mail Mrs. Harrington's work e-mail: jharrington@torrington.org to keep her posted on your progress.

Remember to continue to do the daily movement challenges during the Month of May.



KEEP EXERCISING AT HOME



Items For Sale

1. Speed and beaded ropes (\$6, \$7, \$10 & \$12)
2. Long handled ropes and cable ropes (\$15)
3. Double Dutch Ropes (singles—\$12; Doubles \$14)
4. Water Bottles (\$4)
5. Lanyards (Got Ropes)
6. Magnets and notepads (\$.50)
7. Videos (\$10)
8. Team Pins (\$4)

Not available until next year due to Covid 19