



Physical Education **Fall** **Newsletter**



Our mission in Physical Education class at Hazelwood Elementary is to exercise daily to provide lifelong physical and social health while always putting first things first and having fun!

We have been working extremely hard in physical education this year. Students have been displaying habit number 2, "Begin with the End in Mind", by participating in a beginning of the year fitness assessment. We are using this assessment to set fitness goals for ourselves to reach by the end of the year.

We also recently completed our yearly 4th grade bicycle program. During this program 4th grade students learned basic rules of the road, and why it is important to follow those rules in order to stay safe while biking. This is one of the best things we do at Hazelwood each year and I am happy to be a part of it!

As the warm months come to an end, I encourage you to get outside and take advantage of the beautiful fall weather that is upon us. The Mayo Clinic recommends just 30 min. a day to take advantage of the benefits of exercise. Hiking, riding a bike, playing in the yard, or even raking leaves can be a great way to stay healthy. It is also a wonderful way to sharpen the saw (Habit 7) and spend quality time with your family!

Thank you for your continued support of the HES Physical Education program! If you have any questions about what we are doing here at Hazelwood please email me at

cconard@haywood.k12.nc.us.

Casey Conard

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity."

John F. Kennedy

