

Nutley School District Physical Education & Health Newsletter

What's Happening in P.E. and Health?



Officer Melillo with Yantacaw students in Mrs. Francello's class

L.E.A.D Program

All sixth grade students will participate in the L.E.A.D program again this year. The L.E.A.D program gives kids the confidence and skills they need to grow into happy healthy adults. Nutley Police Officers with L.E.A.D. Instructor Certification visit the sixth grade classes in each elementary school once a month. The officers work students through fun and interactive lessons, building the self-confidence young people need to make healthy choices and achieve success.

5k Races in the Area!

Nov 13, 2016:
Garden State Plaza
5k in Paramus, NJ

Nov 19, 2016:
Hoboken Turkey Trot
5k in Hoboken, NJ

Nov 20, 2016: 5k
Stampede Through
Clifton in Clifton, NJ

Nov 24, 2016: D & I
Turkey Trot in South
Orange, NJ

Dec 3, 2016: AMBS
Reindeer Run in
Franklin Lakes, NJ

Dec 10, 2016:
Montclair Bread CO.
5k Doughnut Run in
Montclair, NJ

For more information
on 5k in the area go
to...

runningintheusa.com

Indoor Cycling Comes to NHS!

Indoor cycling provides an excellent, low-impact workout that builds aerobic fitness and muscular endurance. Aerobic fitness and muscular endurance are important components of fitness. Indoor cycling workouts are as popular as ever. Juniors and seniors at Nutley High School will have the opportunity to participate in indoor cycling starting this fall.



Why is physical activity important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Visit ChooseMyPlate.gov for more information on physical activity and nutrition.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

Fitness Club is back at the middle school ! For more information see Ms. Mustardo!

ELEMENTARY PHYSICAL EDUCATION VOCABULARY

Please review and discuss the following terms with your child

1. Exercise
2. Flexibility
3. Heart rate
4. Intervals
5. Pulse
6. Strength
7. Endurance

