

# COUGAR P.E. NEWS

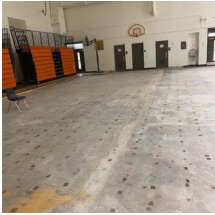
A monthly newsletter brought to you by the Physical Education and Wellness Team

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COACH STIER, COACH DESANTIS AND COACH ODENBACH

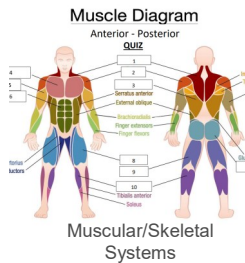
## Top stories in this newsletter



Gym Renovations



Proper Footwear



Muscular/Skeletal Systems



Basketball Season is on!!!

## Gym Renovation —



In late August L.A. Ainger began repairs on the gymnasium floor caused by hurricane Ian. Due to flooding damage it was determined by the school district, and our Principal Mr. Fourman, that these damages were significant enough that the entire gymnasium floor needed to be replaced.

Since late August P.E. and Wellness classes have been relocated to other areas of campus. When weather permits the P.E. staff will do their best to hold classes outdoors.

We are anticipating late October for the completion of the gymnasium floor.

## No Crocs - Proper footwear only

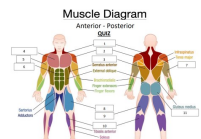


As a reminder...

Students must wear appropriate footwear in class. Please make sure your students are wearing tennis shoes or sneakers in P.E. class. Students who do not have appropriate shoes will not be able to participate in P.E. This is a safety issue for our staff and we do not wish to see any of our students injured. Students will lose points for each day they come unprepared to class. In the past we tried to offer a second alternative activity, but due to the heat and other concerns we have had to reduce our classes to one activity. We will try to offer a second activity once again once the gym is reopened.

Student who do not have proper shoes may speak to one of our coaches for assistance. We have many pairs of shoes that have been donated by our PTO. While limited in size selection we will work hard to make sure our students have the necessary footwear if possible.

## Muscular and Skeletal Units



While we are in the classrooms students are being introduced to the human muscular and skeletal systems. Worksheets, extra credit, quizzes and informational sheets are available on CANVAS. Students will have opportunities to complete all assignments during their class period. They may also work on all assignments at home. There should be no reason why students cannot complete all assignments by their deadlines during the class period. All grades are entered daily in FOCUS as well as any instructor notes for parents to review.



## Basketball Season

Last Thursday the girl's and boy's basketball team played it's first game at Murdock Middle school. The girls pulled off their first win in over a year against the MMS.

Their next game will be held at Punta Gorda Middle School on Sept. 24th at 5:30 pm.

Visit our Photo Gallery at these locations:

<https://clipchamp.com/watch/Bd7OYWNNF2d>

or <https://www.yourcharlotteschools.net/Page/29364>

## Reminders for P.E.

Providing access to drinking water gives students a healthy alternative to sugar-sweetened beverages. It helps to increase students' overall water consumption, maintain hydration, and reduce energy intake if substituted for sugar-sweetened beverages. Students should bring a water bottle with them each day. There are water stations for refilling water bottles located in several locations on campus.