



Titusville
Area School District

PE NEWSLETTER

AUGUST 2025

WELCOME!

Hello! I'm Mr. Timon and welcome to our 1st PE newsletter of 2025! I wanted to start a way to communicate and share with you all of the awesome things we are doing in our PE classroom for our 30 day PE cycle!



DID YOU KNOW?!

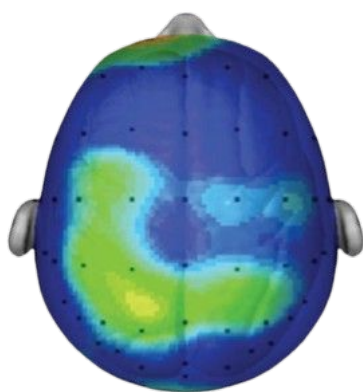
Healthy Students Make Better Learners!

Students who are physically active tend to have...

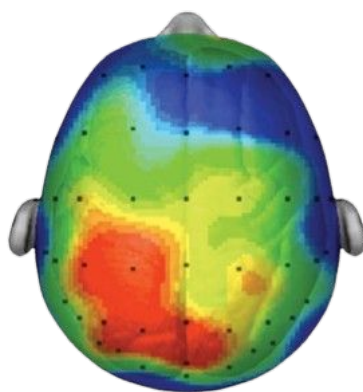
- Higher Grades and Test Scores!
- Greater School Attendance!
- Improved Classroom Behaviors! (*on-task behavior*)
- Better Memory! (*improved learning retention*)
- Increased Concentration!
- Improved Self-Confidence!
- Greater Physical, Mental, and Emotional Health!



So why not try to get them moving at home *and* throughout the day!



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

LET'S COMMUNICATE!

As always, feel free to reach out to Mr. Timon with any questions, concerns, compliments, or suggestions about our classroom!

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Stay moving and grooving!



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So...What Are We Up To?!

1st - 2nd Grade

FINISHED - POPSICLE RACE
(tests Cardiovascular Endurance)

NEXT UP - We'll be building our skills,
cooperation & teamwork with:

- Pin Kickball
- Kicking Stations
- Soccer Tag

COMING SOON:

- Softball/Baseball Stations
- Uno Fitness
- Tagging Games
- Scooter Hockey
- Throw/Catch Stations

3rd - 5th Grade

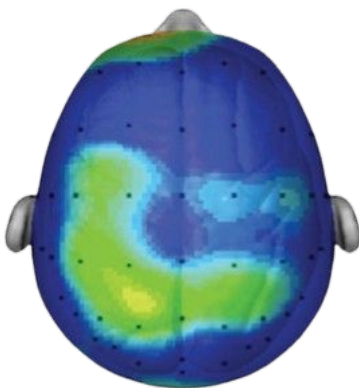
FINISHED - PACER RUN or
POPSICLE RACE
(tests Cardiovascular Endurance)

NEXT UP - We will be working on our
“sports” units with skills in:

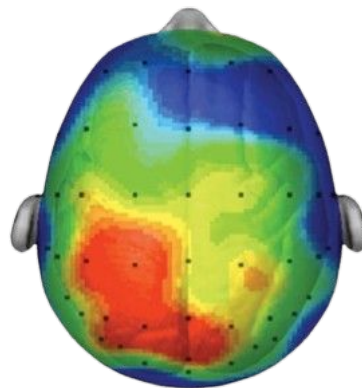
- Mat Ball / Kickball
- Kicking & Soccer Unit

COMING SOON:

- Softball/Baseball
- Hockey
- Football
- Gaga Ball



After 20 minutes of
sitting quietly



After 20 minutes of
walking

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PE PHOTOS
COMING SOON!