



Titusville
Area School District

PE NEWSLETTER

OCTOBER 2025

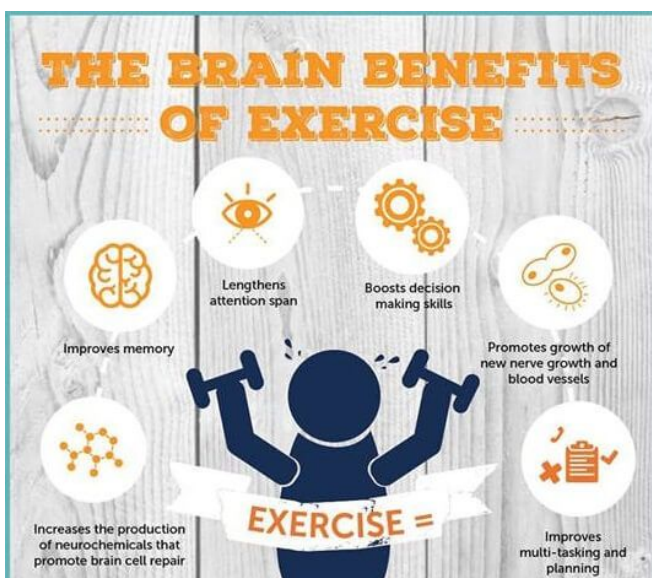
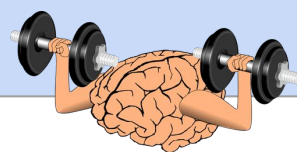
WELCOME!

Hello! I'm Mr. Timon and welcome to our 2nd 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!



EXERCISE = BRAIN POWER!!!

- **Improves Memory** - Aerobic exercise increases your verbal memory and learning!
- **Repairs Brain Cells** - Your brain can decrease in size without use, and can be damaged from stress and depression. Exercise releases chemicals in your brain to repair and help your brain grow!
- **Lengthens Attention Span, Improves Multitasking, & Planning** - Exercise helps you focus, stay on task, and improve planning and multitasking!
- **Promotes New Nerve Growth & Blood Vessels** - Increases blood flow in the brain!
- **Boosts Decision Making Skills** - A moderate-intensity workout in the morning can help you make better decisions throughout the day!



LET'S COMMUNICATE!

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

jtimon@gorockets.org

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Hydetown: x4125



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So...What Are We Up To?!

1st - 2nd Grade

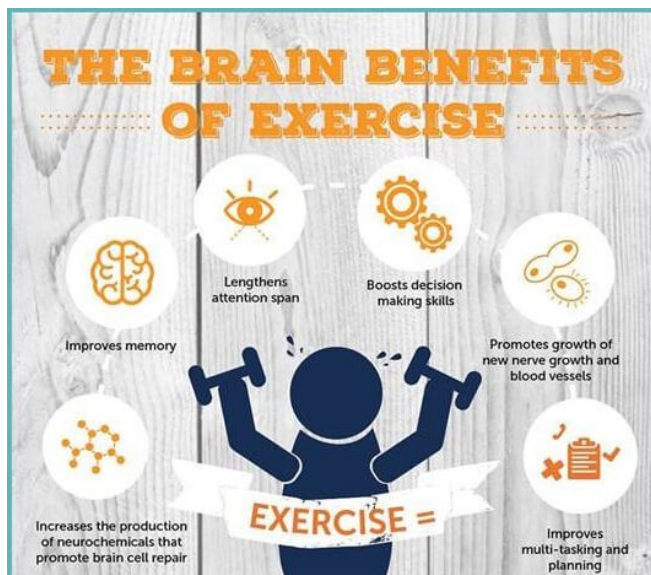
FINISHED - POPSICLE RACE (*tests Cardiovascular Endurance*);
KICKING; THROWING;
DRIBBLING; HOCKEY SKILLS,
GAGA BALL; MARIO KART;
HULA PETS

3rd - 5th Grade

FINISHED - PACER RUN (*tests Cardiovascular Endurance*); MAT
BALL; SOCCER; SOFTBALL;
HOCKEY; FOOTBALL; GAGA BALL;
MARIO KART; JAILBREAK

WORKING ON:
Kids learn through PLAY,
so play EVERY DAY!

COMING SOON - See you January 20th!!



PE PHOTOS
1st 30 DAYS!!