

PS 174 Q – WILLIAM SIDNEY MOUNT SCHOOL

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PHYSICAL/HEALTH EDUCATION MR. NICCOLICH & MS. BORGES

When the weather turns cold and it gets dark earlier, keeping kids active can take some creativity. Here are some ideas for keeping your family moving all winter long.

- **Dance Your Heart Out!** Encourage your child to pick the music, crank it up and then dance away! March, box step, bounce, spin, shake it...all great ways to burn calories. There are many videos on YouTube to dance along with.
- **Take it Outside.** If there is snow, get the whole family outside to do some sledding, build snow forts and throw snowballs, build a snow sculpture – anything that keeps the kids moving and having fun.
- **Visit the Library.** Libraries are a great resource for children’s fitness videos and books, which you can use to teach your child about indoor exercises. Best of all, it’s free! The New York Public Library is offering a Grab & Go service. You can reserve books online and go to a participating location for pick-up.
- **Find Middle Ground.** If it’s impossible to pry kids away from the TV, encourage them to do jumping jacks, sit-ups, push-ups and stretches during commercial breaks.
- **Re-use Activities in the PE Google Classroom.** Activities in the PE Google Classroom are not taken down. Please feel free to go back and your children redo their favorite activities, warm-ups, challenges, etc.

Healthy Hint: Just some small changes in behavior, such as walking up the stairs or to the store and eliminating the extra junk food snack, can lead to a healthier life. As you spend the holidays with family and friends, share your ideas on how you plan to make 2021 a happy and healthy year for you and your family.

