



## On the Fitness Trail...

### Welcome to 2008-09 School Year

The PE Department has finished up fall testing for the President's Challenge. The results for your children will be sent home soon. Typically, the fall tests yield low scores but tend to increase as fitness becomes a daily routine.

However, the fall scores show a higher percentage of students gaining National and Presidential status than in previous years!

Congratulations to the following students:

#### PRESIDENTS CHALLENGE AWARD WINNERS

Lexie Gorham (6) Michael McDowell (4)  
Dalton Standish (5)

#### NATIONAL AWARD WINNERS

Isabella Brown (3)	Morgan Donegan (6)
Ivy Guce (4)	BrieAnn Harris (4)
Erik Hjelm (6)	Kameryn Hopson (3)
Sarah Jessie (6)	Tassy Johnson (3)
Cayla Kwee (3)	Gabi Minor (4)
Greta Norris (3)	Madeline Payne (3)
Connor Payne (6)	Heather Richardson (4)

### Physical Education Online

#### **ADULT FITNESS TEST !**

How about you? Would you like to see how you measure up these days? The activities featured on the adult fitness test provide you with an estimate of your level of aerobic fitness, muscular strength and endurance, flexibility and body composition. The results of each test provide you with a measure from which you can track your progress in each area as you become more physically active. If you are interested in testing your fitness level, please visit <http://www.adultfitnesstest.org/>.

#### **FITNESS QUESTION OF THE MONTH:**

**As summer draws to a close, what was your favorite physical activity in which you participated as a family?**

**Let us know and we will publish some of our favorites in the October newsletter. Blessings! Coach Postema & Coach Brooks**

### September 2008



#### What's Happening?

Our first unit in Grades 4-6 will be Soccer. In Grades 1-3, we will be focusing on catching, throwing and running.

Our league play is starting this week. Parents are welcome to come watch, especially during our World Cup action.

In Grades 1-3, ask your child what they are learning and prepare for "Bring Your Parent to PE" Day!

The Fall Sport season is upon us and the Lions are ready to compete at the highest classification in TAPPS. To find schedules for our fall athletic teams, go to [www.faithlions.org](http://www.faithlions.org) or to go directly to our page on High School Sports follow this link

<http://www.highschoolsports.net/portal.cfm?schoolid=TX7605114928&timeoffset=300>