

Physical Education Newsletter



Field Day!

Where: Pinnacle Charter School

When: Friday, July 16th (Rain Date: Monday, July 19th)

Time: All Day

We Need: YOU! The PE team requests the help of parents/ guardians to volunteer at stations. Each year, our parents assist in making our field day successful. If you are interested in volunteering, please contact Miss Lingle at 583-3005 or elingle@pinnaclewny.org.



Jumping Rope

Learning to jump rope is a rewarding, yet challenging experience for children. Check out these websites for tricks and tips to help your child learn to jump rope.

Jumping Rope Rhymes – http://www.gameskidsplay.net/jump_rope_rhymes/

Jump Rope Institute – <http://www.jumpropeinstitute.com/>

USA Jump Rope – <http://www.usajrf.org/>

Jump Rope – <http://www.jumprope.com/>

Summer Safety

The summer allows us to enjoy many outdoor activities. Please visit these sites to help keep your family safe during your summer activities:

National Parks & Recreation: www.nrpa.org

Lightning Safety: www.lightningsafety.noaa.org/index.htm

Sun Safety: www.sunsafetyalliance.org

Bicycle Safety:

<http://www.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/index.htm>

**Pinnacle Charter
School**

Volume 7, Issue 10

June 2010

Remember:

- ☺ **Jump Rope for Heart** fundraising forms are due by **June 10th**. Heart Celebrations will be held in PE classes on June 10-11.
- ☺ Our **Track** season ended successfully. We hope to see you at our final **Baseball** games this month.
- ☺ **Summer Sports:** Tennis, Track Classic, and Buffalo Soccer Club information has been sent home. Please return it to the appropriate community member.
- ☺ It's getting warm... Please remember to drink lots of water and use sunscreen when outside. **Most PE classes will be held outside.**