

Find all of the latest Health & PE Information **HERE!**

Check it out!

- Bring sneakers everyday! A gray t-shirt & navy blue shorts are the PE uniform for grades 3–8.
- Girls Soccer is in full swing. Hope to see you at a game this month!
- Are you interested in participating in the Walk to Wellness this year? Contact Miss Lingle for more details.
- Basketball try-outs are right around the corner. Keep up with your work & be a positive light at PCS for your chance have a spot on the team!
- Check out www.pinnacleWNY.org for PE updates, upcoming events, and fitness calendars.

Wellness Newsletter

Volume 8, Issue 2

October 2010



Miss Bund

6th - 8th grade Physical Education classes will start October off working on their juggling skills. Students will have the opportunity to master a two scarf technique while working their way up to three scarves or even tennis balls. We will then move into our fitness unit which has a main focus on jumping rope and keeping track of our heart rate. Before the month is over we will start our floor hockey unit which places an emphasis on stick handling, passing, shooting, face-off, team positions and most importantly team play. This will begin just in time for the kick-off of the Buffalo Sabres NHL season.

7th and 8th grade health will be touching on emotional, environmental, spiritual and mental health issues and a variety of stress management techniques that will lead us nicely into our Heart Disease unit.

Fall is the perfect time of year to stay active as a family while the weather is still nice. Before bed or your favorite TV show take a walk, rake some leaves or grab a soccer ball and show off your new and improved soccer skills you have learned throughout September.

Mr. Moretta

3rd Grade is starting to develop their foot-eye coordination with soccer skills and ball juggling with their feet. We are progressing on to soccer trapping and kicking with games like Ultimate Soccer and King of the Pin- soccer style.

5th grade is continuing to develop their soccer skills by building on past years in PE with learning about throw-ins and heading the ball. We are getting into soccer games outside when the weather permits us. When we have to be inside, we are playing satellite soccer and ultimate soccer too.

If you want some more soccer skill developing games check out the PE Central web site (www.pecentral.com) or USA soccer web site (www.usasoccer.com) for great activities and drills.



Miss Lingle

As the leaves begin to fall, our K-1 students will practice kicking a ball and striking with a hockey stick to answer the Essential Question: How Can I Move a Ball? If the weather cooperates, students will practice the soccer skills outside. At the end of the month, we will be back inside developing on our hockey skills. (Go Sabres!)

Are you looking for great fall activities and nutrition information? Visit www.energybalance101.com for great tips to share with your children and fun widgets to learn about Energy In & Energy Out.

Last month, Miss Lingle mentioned that she was running the Toronto Waterfront Half Marathon. Well, she finished it in her fastest time of 1 hour and 53 minutes! This was her sixth half-marathon. Her next race... YMCA Turkey Trot on Thanksgiving Day.



Mr. Turner

2nd grade will be working on hand-eye coordination by beginning their juggling unit. They will go more in-depth into juggling and eventually learn how to juggle 3 scarves!

4th grade will also be juggling. This year they will work on improving their 3-scarf juggle and well as learning to juggle more difficult objects such as yarn balls.

October is the busiest month for professional sports. Football season is well underway, hockey season and basketball season are just beginning, and baseball begins the quest to find a world champion. Hopefully this time of year sparks some interest to get outside and get active before the long, cold winter comes through. Go Bills! Go Sabres!

P.S. Don't forget to support your girls soccer team!

Go Pinnacle!





PE/ Health Department

Miss Susan Bund
(716) 923-5329

sbund@pinnaclewny.org

Miss Erin Lingle
(716) 583 - 3055

elingle@pinnaclewny.org

Mr. Mike Moretta
(716) 570 - 6172

mmoretta@pinnaclewny.org

Mr. Cory Turner
(716) 609-0157

cturner@pinnaclewny.org

Phone: (716) 842 - 1244

Fax: (716) 842-1242

115 Ash Street
Buffalo, NY 14204

Pinnacle Phoenixes

Girls Soccer

Our team of fifth through eighth grade girls is challenging charter and private schools around WNY in a friendly game of "football." With some returning faces and many fresh feet, this will prove to be an exciting season for Coach Boehringer, the girls, and their fans.

We'll see you at the games...

October 13th vs. Nardin (Rumsey Field) 5pm

October 22nd vs. Christian Central Academy (CCA)
4:30pm

October 28th vs. Nichols (Nichols) 4pm

Thank you for supporting the team.



Basketball Try-outs

Lace up your sneakers and practice your jump shot... Basketball try-outs are coming soon. Games begin on December 4th!



A mandatory parent/ athlete meeting will be held on October 26th & October 27th at 5:30pm in the cafeteria. Important information regarding all aspects of the season will be discussed. Please make arrangements to attend one of the meetings. Athletes that do not attend will be ineligible to try-out for the team.

We are looking forward to another rewarding season in the Charter School Basketball League at the Delevan-Grider Community Center.