



Titusville
Area School District

PE NEWSLETTER

SEPTEMBER 2026

WELCOME!

Hello! I'm Mr. Timon and welcome to our 1st PE newsletter of 2026! 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!



DID YOU KNOW?!

THE 60-MINUTE GOAL

Children should get at least 60 minutes of physical activity each day. It can happen in lots of short bursts — PE, recess, walking, biking, playing, and sports all count!

MOVING BUILDS STRONG BODIES

Regular physical activity helps build strong bones and muscles. running, jumping, climbing, and active games are great ways for kids to move!

MOVE TO HELP YOUR BRAIN

Physical activity can help students improve concentration and stay on task. a quick movement break can be a great way to reset!

PE IS MORE THAN SPORTS

In PE, students learn motor skills, movement concepts, teamwork, goal-setting, and how to choose active activities that help them stay active for life!



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So...What Are We Up To?!

1st - 2nd Grade

FINISHED - POPSICLE RACE
(tests Cardiovascular Endurance)

NEXT UP - We'll be building our skills,
cooperation & teamwork with:

- Pin Kickball
- Kicking Stations
- Soccer Tag

COMING SOON:

- Softball/Baseball Stations
- Uno Fitness
- Tagging Games
- Scooter Hockey
- Throw/Catch Stations

3rd - 5th Grade

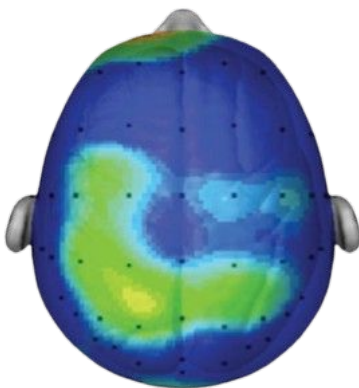
FINISHED - PACER RUN or
POPSICLE RACE
(tests Cardiovascular Endurance)

NEXT UP - We will be working on our
"sports" units with skills in:

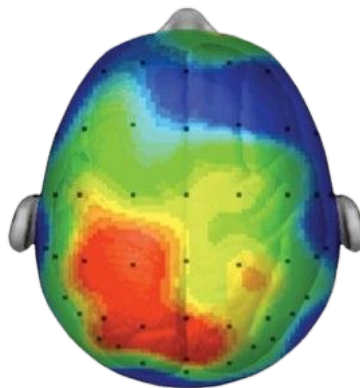
- Mat Ball / Kickball
- Kicking & Soccer Unit

COMING SOON:

- Softball/Baseball
- Hockey
- Football
- Yuki Ball



After 20 minutes of
sitting quietly



After 20 minutes of
walking

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

LET'S COMMUNICATE!

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

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