Physical Education News

November 2026

Mr. R. Neff RNeff@schools.nyc.gov

This October in PE Class:

K & 1st Grade

- We enjoyed our Social Emotional Learning, Yoga & Mindfulness Unit.
- Students have learned how to perform, and the name of different yoga poses.
- Students continue to learn about warm-ups & cool downs.
- We began our Soccer Unit and started with basic dribbling skills.

2nd & 3rd Grade

- We concluded our Social Emotional Learning, Yoga & Mindfulness Unit.
- We learned about bases of support, balance and how stillness can help calm us while performing many different yoga poses.
- We began our Soccer Unit and will develop different skills using our feet.

4th & 5th Grade

- We learned a great deal in our Social Emotional Learning, Yoga & Mindfulness Unit.
- We spoke about how practicing yoga can help us when stressed or in a bad mood.
- We learned how to perform many different poses.
- We began our Hockey Unit. Students began by learning the names of the parts of the hockey stick, how to hold it properly and how to move a puck or ball.

What's Happening at PS 748 in the Health & Wellness World:

- The CHAMPS a morning exercise program will be offered in November. It will be offered to a lucky grade or two. Look for an interest notice coming home soon.
- Students are enjoying our fall weather with recess outdoors.

Reminders:

- **Have your children wear sneakers every day they have P.E. (Your child's classroom teacher will share this information with you.)**
- **Please also wear clothes that are comfortable and that you can move easily in for PE. School Spirt Wear would be perfect.**
- **If you would like to discuss your child's/children's progress in Physical Education class, please reach out to me via email: RNeff@schools.nyc.gov**

P.E. Quote of the month:

"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself." -Bill Mills Native American Olympic Gold Medal Winner