

Physical Education News

January 2026

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Happy New Year!!! This December & January in PE class:

K & 1st Grade

- We began our Throwing and Catching Unit.
- We started by learning how to throw underhand using proper form.
- We have started to learn how to catch using a scoop.

2nd & 3rd Grade

- We began our Throwing and Catching Unit and will continue it during January.
- We started by learning how to throw overhand and underhand using proper form.
- We are now focusing on catching from a partner.

4th & 5th Grade

- We began our Fitness Unit and will continue it in January and February. Students will participate in the Fitnessgram tests. We started by practicing the PACER and have begun the assessment.
- We will focus on the Push-ups, Curl-ups (Muscular Strength & Endurance) during January and continue with the Flexibility assessments in February.
- We will begin to learn how to throw and catch a football.

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

- 5th Grade students are having a wonderful time participating in the CHAMPS afterschool program.
- Classroom teachers continue to use Move to Improve in their classrooms to get students moving throughout the day.

Reminders:

- Have your children wear sneakers everyday 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 Spirit Wear would be perfect.
- If you would like to discuss your child's/children's progress in Physical Education class at any time, please reach out to me at: RNeff@schools.nyc.gov
- **P.E. Quote of the month:** **"If at first you don't succeed, try something harder."**