

Physical Education News

May 2026

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April & May in PE Class:

K & 1st Grade

- Students have learned about the "Power of yet."
- We have been playing a version of kick ball, learning to touch every base.
- We will begin learning how to run a relay race in preparation for Field Day.

2nd & 3rd Grade

- Students learned how to hit a ball off a Tee.
- Students have been playing a version of Tee-ball.
- We will participate in fun and different types of races in preparation for Field Day.

4th & 5th Grade

- Students have been participating in a Basketball Unit.
- Students will learn how to throw a flying disk.
- We will review skills and learn new races in preparation for Field Day.

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

- 2nd Grade students are participating in the morning CHAMPS program and doing a fantastic job.
- Field Day will be Monday, June 1st. We are extremely excited for a fun filled day of races and activities.

Reminders:

- Students should bring water to school every day, especially on their PE days! As the weather gets hotter, please send extra water.
- Please have your children wear sneakers & clothes that are comfortable that they can move easily in everyday they have P.E. School Spirit wear would be perfect.
- Please reach out to me any time to schedule an appointment to discuss your child's progress in PE: RNeff@schools.nyc.gov
- P.E. Quote of the month: "You are strong because you've been weak. You are fearless because you've been afraid. You are wise because you've been foolish." - Unknown