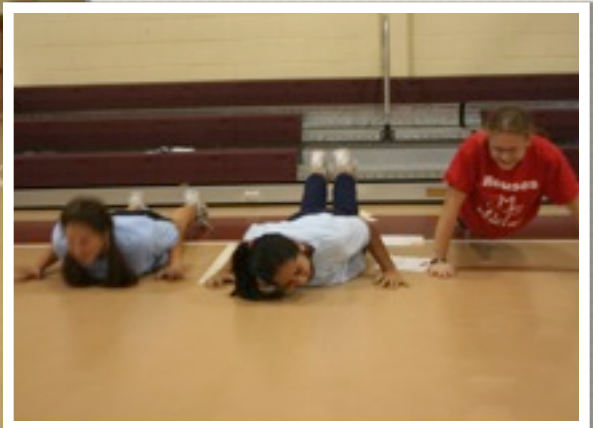


PE UPDATE



LAUREN WORKS ON HER CRUNCHES (LEFT)
8TH GRADERS WORK ON PUSH UPS (ABOVE)

We Love PE!

This year in Physical Education, grades 4 through 8 will be focusing on improving our overall fitness. Each day begins with a light jog or walk, followed by a few minutes working on various muscle groups that include push-ups, sit ups or crunches, jumping jacks, etc.

We have some light weights, jump ropes and wheels that allow us to do a variety of exercises. We will be tracking our progress on our new Activity Log as well as completing the Presidential Challenge each trimester.

MTRS took part in Mrs. Obama's event to set a new Guinness world record in collaboration with National Geographic for most people doing jumping jacks in 24 hours on October 12, 2011.

Mrs. Platenyk



JUMPING JACKS FOR MRS. OBAMA'S CHALLENGE



GABBY AND OLIVIA PARTICIPATE IN THE RECORD BREAKING EVENT



CHRISTOPHER DOES HIS BEST AS HE ALSO PARTICIPATES

STAYING PHYSICALLY FIT



PRESCHOOL ENJOYS NERF HOCKEY
THANKS TO THE EASOP FAMILY'S DONATION



SCOOTER HOCKEY



JULIANA WORKS ON
HER PHYSICAL
FITNESS CHALLENGE!



MotherTeresa
Regional School