



Spotlight on Physical Education

Hello Woodburn Families!

This is Mr. Shirley and Mr. Coakley, your physical education teachers. P.E. time is a time to encourage and motivate students to live healthy active lifestyles and have fun. During P.E. time, we teach students lifelong skills, work on fitness activities and learn healthy habits. We are here to help the Woodburn Community stay active and stay informed. There are so many resources available to us right now online such as [GoNoodle](#), [PEBowman](#), [Cosmic Kids Yoga](#) and many others to help you and your family stay active. Asynchronous activities are also available on Schoology.

February is “Heart Health Awareness Month”.

I want to encourage all families to try the 9, 5, 2, 1, 0 challenge.

9 - the number of hours of sleep we should get daily

5-how many servings of fruits and vegetables we should eat daily

2-limit “screen” (television, internet, video games) time to 2 hours or less daily

1-get at least 1 hour of physical activity each day

0-eliminate sugary drinks (drink more water)



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