Here at Homer Brink, our Physical Education Staff believes in a fitness centered curriculum that seeks to challenge each child and to promote a healthy lifestyle outside of school.

Our curriculum is New York State and National Standards (NASPE) based. It is our goal to develop a foundation of health and skill related skills, a fundamental understanding of fitness, games knowledge, and for each student to value themselves and others when it comes to participation in fitness programs or recreational activities.

Homer Brink
SHORT CIRCUIT
WEEKLY CHALLENGE

If you subscribe to our YouTube page at Homer Brink Physical Education
Then you and your family will be able to get your circuits charged up with a small daily fitness routine.

A circuit is made up a group of exercises that are done one after the other. We are challenging you and your family to pick at least four exercises from the video playlist and do 10 repetitions. You should try to do the circuit at lest three times in a row. Try to do a different circuit three times a week. GOOD LUCK!!!

We would like to invite all of our Homer Brink Families to subscribe to our new YouTube page for our monthly Fitness Challenges. Please search “Homer Brink Physical Education” on YouTube and subscribe to our page for up-to-date links and videos that will allow you and your family to take the monthly challenges with us. This month we are excited to be challenging our students with a “Cotton Eyed Joe” Fitness Challenge.

The challenge follows the line dance with the addition of jumping jacks and a Homer Brink P.E. added element of core strength. To view with challenge you can visit our page and see all the pieces and how they fit together.

Remember, one of the best gifts you can share as a family is fitness and being active together.
At Homer Brink we are committed to raising up our young movers who are physically active out there in the community, which is why we created our “Spotlight Movers” wall. Each month we will be highlighting different students by showcasing their interest in a particular physical activity. Our mission is not to showcase participation in sports, but rather to give kids a picture of the various benefits of participation.

If you would like to have your child participate in the showcase then please contact your child’s Physical Education Teacher. Students will need to supply a picture and fill out a small questionnaire.

Not sure about where to get involved with something?

Please visit the SPARC page on the Districts website. SPARC stands for Spartan Physical Activity and Recreation Center. This resource will provide you with information on various groups to get your child involved with.

Please Note: Currently SPARC is being updated and should be done by the end of October.

WHAT'S NEXT?

So what's coming up for students at Homer Brink in P.E.?

Coming up in the month of October, students in grades 3-5 will train for their next Fitness Challenge, the “Cha-Cha-Slide” Fitness Challenge. This is a larger and more involved challenge and can be seen online. We will look to post the challenge to our YouTube page at Homer Brink Physical Education.

Recent Units……
• Project Adventure

Upcoming Units……
• Field Hockey
• Football
• Soccer