

Moving & Grooving at PS 40

At PS 40 we value physical education. Research shows the benefits of physical activity for health and wellbeing, as well as academic achievement. Mayor de Blasio and Chancellor Carranza's PE Works initiative offered the opportunity to increase the frequency of PE for students across all grades by supporting the hiring of a second certified P.E. teacher.

This program teaches children how to move, develop spatial awareness, explore and refine motor skills. Throughout their elementary years, students learn new physical skills, team work, and are introduced to fitness in a way that can last a lifetime.

PS 40 students like to move! In addition to the extra P.E. periods, we have daily outdoor recess, class visits to our rooftop playground, and movement breaks in class. Even in the coldest months there are many opportunities for the children to stay active:

- Jump Rope for Heart – Each grade is jumping rope for a good cause, learning a new skill, and team work
- Sports Night – A community building evening event for families. In chilly January the children can challenge their skills with sport based and agility related activities. PS 40 staff members lead games at different stations.
- Dance education is another way to encourage fitness, coordination and creativity. Our partnerships with National Dance Institute (NDI), Dancing Classrooms, and DanceWave keep the children moving throughout the year.



Kindergarteners practicing *Crab Walk Limbo*.



Recess Games –Playing *Flinch* with Principal Susan Felder.



Jump Rope for Heart –Making letters & shapes while taking a jumping break.



25th Annual Sports Night Event – January 2019 – PS 40 Teachers & Staff lead games at different stations.