

South Woods Physical Education



Water Safety Tips

1. Always swim near a lifeguard at the pool or beach.
2. Never swim alone.
3. Enroll in swim lessons.

Healthy Summer Snack

Frozen Fruit Kabobs

Place your favorite fruit on a skewer stick while making a fun pattern. Put them on a plate and drizzle with honey or yogurt and then place them in the freezer. When the fruit freezes, take the kabobs out of the freezer and enjoy!



SUN SAFETY TIPS

Is it possible to get a sunburn if it's cloudy? Yes! While some types of clouds can partially reduce the amount of UV radiation reaching the surface, other types of clouds can actually reflect that radiation and increase UV exposure on the ground. On the ground, UV rays can then bounce off of surfaces such as water, snow, pavement, and even grass, so be sure to take protective measures no matter what the sky looks like. *"Sunscreen is not just for Sunny Days.."*

Dear South Woods Families,

With the last day of school quickly approaching, I would like to encourage you and your families to stay safe, active, and healthy over the summer. Below you will find sun and water safety tips, fun physical activities to do as a family, and a healthy snack to make on a really hot day. I have truly enjoyed teaching your children the joy of being active and eating healthy this school year, and I hope these tips will help you continue to stay active and eat healthy as a family!

Sincerely,

Coach Miller

Summer Time Physical Activity Ideas

This summer I would like to encourage you and your family to try at least one of these physical activity ideas below:

1. Try surfing (if you don't have a board you can rent one or sign up for a surf camp).
2. Take a Funny Walk (make up different moves when you reach a certain tree or house).
3. See who can make the biggest splash in the pool.
4. Hold a towel with another family member to throw and catch water balloons.
5. Make an obstacle course and time each family member to see who can get the fastest time.

*Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.