**Physical Education & Health**

**February 2017**

All physical education classes are beginning a Volleyball unit. Did you know volleyball was invented by Dr. William Morgan in Holyoke, MA, only a few miles from where basketball was invented? The basic rules and hits such as bump, set, overhand and underhand serves will be taught. We will finish the unit with games and modified rules for our 6th grade classes while we slowly incorporate the actual rules for 7th and 8th grade classes.

All 7th grade classes have finished their Fitnessgram testing and we have talked about our class results and discussed how to increase their scores for the post test in April. Students overall performed very well and we look forward to see how they improve! In addition to volleyball, the 7th grade will also begin discussing our new format for East Wellness Night (formerly known as Fit Nut). We are very excited about this and more news will come out after February Vacation! Our Wellness Night will take place on:

**THURSDAY MARCH 30, 2017**

Mark your calendars! Thursday February 16th is our annual Crook Games competition! The Crook Games are played in memory of Dave Crook, a former PE teacher at East. A scholarship was formed in memory of a great teacher, coach and father. East uses this night as a way to join the community together and raise money for the two $1,000 scholarships we give to two former East students (one boy and one girl). The night consists of performances by the 8th graders vs. the Teachers in a volleyball match, and the 8th grade basketball teams vs. the Teachers in a basketball game. Other events throughout the night are a raffle by the student council and as usual, Mr. Glover will be our host for the evening.

Please email or call us at any time if you have a question or visit our website to keep track of what your child is doing in health and PE class.

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