

★ ★ Work hard in silence...let your success be your noise. ★ ★  
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# Coach Brunkhorst's Newsletter

*Week of September 4, 2018*

## Physical Education

### 6th - 8th:

Muscle Monday - Strength and Toning Workouts

Lifetime Sports - September's unit is **Basketball!**

Fitness Friday - Cardiovascular Endurance, HIIT (high intensity interval training) or Flexibility Workouts

### 3rd - 5th:

August's unit is **Basketball!**

### Kdg. - 2nd:

1st Quarter's unit will be Spatial Awareness & Body Movement.

**Non-marking tennis shoes must be worn for ALL PE classes. Students will need to bring an AR book or other work to do during PE if they forget their tennis shoes.**

## Algebra I

### Current Chapter:

Chapter 1 - Expressions, Equations, and Functions

### This Week:

Lesson 6 - Relations

Lesson 7 Functions

Lesson 8 Interpreting Graphs of Functions

### Dates to Know:

Sept. 10th - Chp. 1 Vocab Test

Sept. 11th - Chp. Review DUE  
Chp. 1 Test

## Health

6th: Smart Decision Making Skills

7th: Communication Skills - Verbal & Nonverbal

8th: Smart Decision Making Skills

### ALL CLASSES:

Remember to turn in your Healthy Cooking Lab Permission Form!

## Library/Computers Class 2nd-4th Grade

Genre for September: Informational Text

Skill: Typing

**You Reading BINGO is due September 18, 2018!**

***CLICK FOR THE PHELPS COUNTY CARDINALS ATHLETICS PAGE***