

# Physical Education

## THIS MONTH

February is American Heart Month. Making it the perfect opportunity to emphasize and focus on our heart health. Check out some ways to get you and your family's hearts pumping this month!



## EVENTS AROUND ABQ

NM Super Bowl Run - Feb 12th

Hike the Petroglyph National Monument

Pump up the Jams and have dance party while completing chores around the house.

## SKILLS & ACTIVITIES

Basketball  
Volleyball



## CONTACT ME

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## IMPORTANT DATES

2/20 President's Day  
-No school

