

Stop, Look, & Listen

Ames-East Belfast-Nickerson-Weymouth Schools Monthly Physical Education Report

Mr. Campbell ~ March 2017 ~ Issue Five, Volume One

Step Aerobics

Step aerobics is a form of exercise using an elevated platform, first developed in 1989 by Gin Miller out of necessity after a knee injury. The "step" is made from hard, non-skid plastic. Step aerobics is a cardiovascular exercise which uses the whole body.

Aerobic exercise is physical exercise of low to high intensity. Aerobic is the manner of using oxygen for an extended period of time.

Students in grades 2 - 5 are taking part in a 4-class unit of Aerobic Dance, where steps will be used in two of the classes.



Sneaker Reminder

To be prepared for activities that take place in Physical Education class, students are required to be prepared for each class. Sneakers are needed for student comfort and safety. With all the stop-and-go action, sneakers help students with balance, jumping and landing, stability, and shock absorption needed to prevent sore feet and shin splints. Sneakers that have laces that are loose and not pulled snug from bottom to top are a hazard and shouldn't be worn like this in Physical Education class. Wearing such things as winter/summer boots, flip-flops, or dress shoes is unsafe for your child and their classmates, as accidents increase with these types of footwear.



Field Day 2017 Ames School

Planning for June's Field Day 2017 at Ames School has begun! Though we do not have a date yet for this special day, the activities and itinerary are beginning to take shape.

Last year's Field Day was fun and eventful. Here's hoping for another day filled with excitement and thrills!

Stay tuned for information coming your way through special "Field Day handouts" regarding date and times for Field Day 2017. When the time comes, you can sign-up to help out with game stations and/or just enjoy the sights and sounds of your child's Field Day 2017!



Warm-Ups

In Physical Education classes, we nearly always warm up our bodies before activity. Warming up the body's muscles through cardiovascular exercises is designed to increase circulation, increase body temperature, and bring the heart rate up, while stretching warms the muscles and prepares them for the movements they will be required to carry out during the activity.

We typically perform stretching warm-ups for 5 minutes, followed by 5-laps around the gym. At the end of the class, we typically finish with a light activity that works as a cool-down.

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Welcome Spring!



Last Chance

Winter 2016/2017 is but a reflection in the rear view mirror. Those of you who make winter your favorite season in Maine still have time for fun in the sun under snowy clouds.

Snowshoeing, cross country skiing in the deep woods, and down hill skiing are still available and thriving this time of year. If traveling to the northern part of the state, you may find many snowmobiling trails still open for spring time fun. The most challenging activity would be sledding. To find a hill that has not been exposed to the warm air and direct sun would be a challenge in the local area, but can be done. If not, there could always be a trip north planned.

While Maine has had a relatively "easy" winter for the past two years, fret not winter lovers...there's always next year!

PE Activities Right Now

- Step Aerobics
- Kicking
- Weight Room
- Balance Unit

Spring Activities at Home

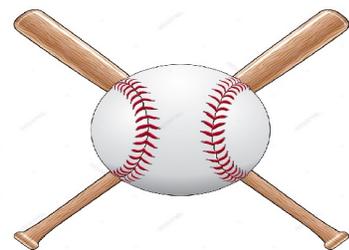
1. Bike Riding
2. Playing in the Backyard
3. Yard Clean-up
4. Baseball & Softball
5. Hop-Scotch & Hula-Hoop
6. Explore Nature
7. Skateboard
8. Horseback Riding
9. Hiking (bugs are not out yet!)
10. Outdoor Basketball

Why Do We Perspire

We perspire (sweat) to cool our selves down. It's normal to sweat. Sweating plays a role in maintaining our body's temperature by cooling it down. When we sweat, the moisture on our body cools off the body by the air passing over the sweat and cooling the moisture and therefore cooling the body.

-Baseball- The Green Fields of the Mind by Bart Giamatti

"It breaks your heart. It is designed to break your heart. The game begins in the spring, when everything else begins again, and it blossoms in the summer, filling the afternoons and evenings, and then as soon as the chill rains come, it stops and leaves you to face the Fall alone. You count on it, rely on it to buffer the passage of time, to keep the memory of sunshine and high skies alive, and then just when the days are all twilight, when you need it most, it stops. Today, October 2, a Sunday of rain and broken branches and leaf-clogged drains and slick streets, it stopped, and summer was gone."



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