

Stop, Look, & Listen

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

Mr. Campbell ~ December 2016 ~ Issue Two, Volume One

Sneakers & Snow Boots

Students are asked to wear sneakers in Physical Education class for their comfort. There is also the safety factor for students to consider. It can be easy for someone wearing boots to trip and fall, hurting themselves and/or other students. During Physical Education classes, our gymnasiums are busy places and are somewhat limited in space. With upwards of 23 students in a given class, safety precautions are respectfully elevated.

When dressing for school during snowy mornings, it's recommended for students to wear winter boots. Please remember to have students leave their sneakers at school or bring them in their backpacks.

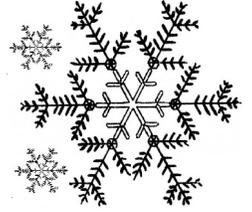
With a snowy forecast this winter, once again a K-5 snowshoe unit will be offered in Physical Education class. Students will need to have winter boots for this unit. Sneakers should be brought to school with each student as back-up just in case the snowshoe lesson is canceled for the day (bitter cold, rain, lack of snow). Students will then be expected to attend Physical Education class with their sneakers on.



Snowshoeing!

A 3-class snowshoeing unit will be offered during Physical Education classes for all students in grades K-5 at Ames, East Belfast, Nickerson & Weymouth Schools. Students should be prepared for this unit by wearing a warm winter coat, snow boots, and warm hats & gloves/mittens. Snowshoeing in Maine is a rite of passage. We typically have plenty

of snow during the winter months, a great time for families to include outdoor activities such as downhill and cross country skiing, sledding and snowshoeing into their activities, to mention a few. A firm understanding of the importance of physical activity is crucial at this young age. Building a strong Physical Education program is very important to help build on that knowledge. I hope that by snowshoeing in class, this message will help cement that idea. Let's hope for lots of snow this winter!



Enjoying Physical Education Class

Here are 10-ways your son or daughter can better enjoy their time in Physical Education.

1. Get 10-hours of sleep a night.
2. Eat & drink healthy.
3. Exercise during the week.
4. Wear sneakers & loose fitting comfortable clothing, but not too loose.
5. Have an open mind to activities offered in P.E. class. Try the activity.
6. Take a friendly approach to all classmates.
7. Ask questions pertaining to the subject.
8. Listen and watch the teacher during instruction.
9. Get involved in social activities outside the school setting.
10. Think & speak positively. Positive attitudes are reciprocal.

Future Activities

- Aerobic Workout!
- Snowshoeing
- Over, Under, Around & Through



Throwing & Catching

Throwing and catching go together like peanut butter and jelly. Though we may think of throwing and catching as one, they are actually two completely different skills. During the forthcoming throwing and catching unit, students will be given a multitude of throwing experiences, as well as a range of catching opportunities.

Although students' styles of throwing vary, the basic consistent throwing pattern will be taught by focusing on the following five points: grasping the object, proper stance, building momentum, the release, and their follow-through with control and balance.

In early development, catching usually begins with avoiding the thrown object and then picking it up off the ground. Young children generally try to give the thrown object a hug - letting it bounce against the chest and then surround the object with the arms. Opportunities to develop the proper skills needed to catch an object properly will be given throughout the unit. Skills needed involve the following: flexed elbows & knees, use both hands, greet & absorb the object, tracking the object with the eyes.

The goal is to eventually have each student throwing and catching objects consistently, fluidly and proficiently.



"There's Nothing to Do"

Here are some **great** inexpensive ideas for when "someone" says, "I'm bored, I don't have a thing to do", during a cold wintery day.

1. Read a book and afterwards talk about what was interesting in the story.
2. Have a coloring book contest. Who can stay inside the lines? Who can use the most colors? You're NEVER too old to color!
3. Make snow angels. Decorate them and possibly "paint" them using food coloring.
4. Build a snow fort and add a snowman to guard against the Abominable Snowman.
5. Go sledding!

6. How about snowshoeing? If you don't own a set, ask for them as a gift, or borrow them from a relative or friend.

7. No snow? Go for a hike.

8. How about a bike ride? If there is no ice or snow, check the air in your tires and go for a ride. Don't forget your riding helmet.

9. Clean-up your bedroom. It's a neat way to exercise and it's fantastic when your bedroom is organized. Maybe you'll find that misplaced toy you have been looking for.

10. Play hide & seek outside or even a tag game.

Drinking Water is a Good Thing

The human body is believed to be more than 60% water, and blood is 92% water, and the brain and muscles are 75% water, and the bones are somewhere around 22% water. It's easy to see why it's very important to drink plenty of water every day.

Children should drink 5 to 8 cups of water a day. Teenagers should drink 8 to 10 cups of water a day. Adults should consume 8 to 12 cups of water a day. Anytime there is exercise involved or when it's HOT outside, everyone should increase the amount of water intake. Eight ounces make up one cup.

Health benefits of drinking water include the maintenance of pH balance, body temperature, metabolism, breathing, prevention of constipation, heartburn, migraines, gastritis, ulcers, kidney stones, cardiovascular disorders, rheumatoid arthritis, backaches and osteoporosis.



Best way to reach me:

dcampbell@rsu71.org

