

# Stop, Look, & Listen

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

Mr. Campbell ~ February 2018 ~ Issue Five, Volume Two

## Five Positives to Bring to P.E. Class

Here are five positives which students can bring with them to Phys. Ed. class each week:

1. **A great attitude** - A great attitude is contagious and a source of positive energy that affects the whole class.
2. **Motivation** - Enjoy the unexpected and encourage those around you. Share a kind word.
3. **Effort** - Try your best. Take what you get and don't pitch a fit. Give your all.
4. **Be prepared** - Sneakers and properly fitting clothing.
5. **Grit** - Bring to class a passion, perseverance, and a willingness to practice and perform.

## Why Soda is Bad For Your Health

1. Because of the high sugar, sodium and caffeine in the soda, it dehydrates the body.
2. Soda is bad for your teeth as it causes plaque to build up on the teeth and erodes enamel (the hardest part of your tooth).
3. It can interfere with the stomach acid, slowing digestion and blocking nutrient absorption.
4. Soda is linked to obesity.
5. Soda has zero nutritional value.

**Best way to contact me:**  
dcampbell@rsu71.org  
**Enjoy the Snowy Days!**

## Good Walking Technique

1. **Stance** - Start by simply standing with your heels, buttocks, shoulders, and head against a wall. Your body alignment is perfect when you can slip a

hand between the wall and your lower back. Maintain this good posture when walking, and you'll be A-okay.

2. **Swing** - Bend your elbows at 90 degrees while walking and swing your hands in a tight arc from the back of your hips to 4-5 inches in front of your chest. Keep your hands loose; don't clench them into fists. Keep your elbows close to your body.
3. **Push off** - When your heel hits the ground, your foot flattens. Feel the mid-foot touch the ground before pushing off with equal force on well-flexed toes. Envision doing this, and it will come. If you are "foot-slapping," your sneakers may be too stiff.
4. **Stride** - To go faster, take more steps, not longer ones. You will walk more efficiently (better).

## A good thought to live by:

Always warm-up your muscles before walking. You need to get your blood and oxygen flowing. And, wear supportive walking sneakers.

## Presently in Phys. Ed.

- Grades 2-5, Short-Handle Implements
- Grades 2-5, Long-Handle Implements
- Grades K-1, Rolling
- Grade 2, Kicking
- Grades K-2, Over, Under, Around & Through

## Near Future Activities in Phys. Ed.

- Grades K-3, Levels & Sizes
- Grades K-3, Force
- Grades 4-5, Throwing & Catching
- Grades 2-5, Games Unit

