

# Stop, Look, & Listen

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

Mr. Campbell ~ November 2016 ~ Volume One

### **Physical Education, Why?**

Why is Physical Education in our schools and, by the way, what is Physical Education anyway?

Physical Education is set up to educate students on the importance of understanding and taking care of their bodies, the different ways to move, and the best ways for getting there through social interaction with self, and with small and large groups. Physical education (physical fitness/exercise), motor skills (for example, running), and personal & social interactions (communication) in our schools are essential to the students' well being. A comprehensive program, from how the body moves, works, responds and cooperates, is designed with your child's well being in mind.

Physical Education is the leader in physical, motor, personal and social skills, and the overall academic development of the student. Physical Education provides students with the time to engage in physical activity that helps them develop healthy bodies and enjoyment of movement. Physical Education allows students to practice life-long skills such as cooperation, taking turns, following rules, sharing, communication, negotiation, problem solving and Physical Education conflict resolution - sportsmanship. Physical activity improves students' attendance, attention, focus, behavior, and learning in other classes.

Physical Education can be fun, all involving, and educational for every student.

### **Every Month!**

Why is this monthly news letter called, "Stop, Look, & Listen"? It is a play on words - When I blow my whistle during class, students stop what they are doing, look at the teacher and listen. This will help them know what is expected of them next.

### **Sneakers**

To be prepared for activities that take place in Physical Education class, students are required to be prepared for every Physical Education class. Sneakers are needed for the students' 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 lacings that are loose and not pulled snug from top to bottom are a hazard and shouldn't be worn in Physical Education class. Wearing such things as boots, flip-flops, dress shoes are unsafe for your child and their classmates, as accidents increase with said types of footwear.

### **Ames - Phys. Ed. Schedule**

Grade 2 - Mrs. Nelson	Monday
Grade 2 - Mrs. Brennick	Tuesday
Grade 3 - Ms. Campbell	Monday
Grade 3 - Mrs. Norris	Tuesday
Grade 4 - Mrs. Ladd	Monday
Grade 4 - Ms. Curry	Tuesday
Grade 5 - Ms. Ryan	Monday
Grade 5 - Mrs. Federlie	Tuesday

### **East Belfast - Phys. Ed. Schedule**

Grades K-5	Thursday
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### **Nickerson - Phys. Ed. Schedule**

Grades Pre K-5	Wednesday
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### **Weymouth - Phys. Ed. Schedule**

Grades K-1	Friday
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### **Future Activities**

- Throwing & Catching
- Aerobic Workout!
- Snowshoeing



## First Trimester Activities

- \*Cooperative Games
- \*Hiking
- \*Olympics
- \*Basketball Dribbling

We started the school year off with two classes of cooperative games, partner balance challenge & team relay races, which challenged the students cooperative skills and sportsmanship.

Next, we took on a three-class hiking unit which offered the students with three drastically different hiking models: 1-hour hike, day hike, and 7-day hike. During each class, we discussed what it would take for the class to hike said model. What would we pack and not pack? How would we plan for each hike and who would we tell our plans to. Each class enjoyed hikes in and around the school imagining we were on these different types of hikes.

Our attention then switched to a three-class Olympics unit, where we took on four summer games: broad jump, 50-yard dash, soccer game, & team relay race. Students enjoyed these activities, with many stories comparing them to what they watched on television during the 2016 Summer Olympics.

As the first trimester is quickly coming to a close, many Physical Education classes are in the middle of a four-class basketball dribbling unit, where we are focusing on the skill of dribbling a basketball.

### **Outdoor Physical Education**

Once again this school year, Physical Education classes will be conducted mainly outdoors. Attempts to keep the classes outside will be made with respect to individual units. Rain and severe cold weather are the only drawback to this plan, leading to the healthy lifestyle benefits which outdoors can offer.



## 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 four or five inches in front of your chest. Keep your hands loose; don't clinch them into fists. Keep your elbows close to your body.
3. **Push off** - When your heel hits the ground, your foot flattens. Feel the midfoot 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.

**Best way to reach me:**

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**Enjoy your Thanksgiving Holiday!**



### **Substitute Teachers**

**Thank you** for taking time out of your busy daily schedules and committing to substituting at RSU71, particularly in the **Elementary Physical Education Department**.