

Stop, Look, & Listen

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

Mr. Campbell ~ April 2017 ~ Issue Six, Volume One

Field Day 2017 Ames School Update

We have a date set for Field Day 2017! Monday, June 19 (rain day of 6/20). Stay tuned for information coming your way through special "Field Day Handouts". When the time comes, you can sign-up to help out with game stations and/or just enjoy the sights and sounds of Field Day 2017!

Step Aerobics!

I'm happy to report that the Step Aerobics Unit was an enormous success, for students and teacher alike! Students were offered a challenging task that was both physically and mentally demanding.

Students experienced a task that for many was new, exciting, muscle-building, fat-burning, and sweat-pounding fun! We learned to put together three or more step sequences that were both fun and rewarding, as we sweat to the oldies (1980's music!)

I have offered step aerobics in physical education classes many times during my teaching career, and though I always enjoyed them, I have never found enjoyment like I did this time around. Why? I'm guessing it has everything to do with the students' enthusiastic effort and contagious smiles. Simply put, it was a lot of fun. Here's to our next time with a similar activity!



Table Tennis/Ping-Pong

Students in grades 2-5 are beginning a new 3-class unit that will challenge their hand-eye coordination, bilateral movements, concentration and sportsmanship. Table Tennis is known as Ping-Pong. The game began in the 1880's, when English soldiers adapted their lawn tennis into Table Tennis under a tent during inclement weather.

Today in America, Table Tennis is considered a leisure sport, where it is played at recreation departments, YMCA/YWCA's, people's homes, schools, and tournaments. In China and Japan, Table Tennis is their most popular sport.

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Enjoy the Sunshine!

Locomotor Skills K-1 Unit

Children are first capable of changing the location of their bodies at about three months of age, when they turn over from their back onto their stomach. They'll soon begin to crawl, then creep. Next, they'll take their first steps. And, by the time they enter school, they'll show almost mature walking and running patterns. That's where Physical Education comes into the picture. Together with ample opportunity for practice, teacher verbal cues and modeling, and help with set-backs, students are introduced to the locomotor skills of hopping, leaping, sliding, galloping, and skipping.



Wear Sunscreen

Sunscreen may be the most important step in protecting yourself from the damaging sun rays this summer. It helps shield the sun's dangerous ultraviolet B (UVB) and ultraviolet A (UVA) rays in two ways. Some work by reflecting, while others absorb them before they reach the skin. Sunscreen also protects these rays from suppressing the immune system.

1. It decreases the risk of developing cancer.

Using sunscreen daily, even when it is cloudy or raining, dramatically decreases your risk of developing skin cancer. This is especially true of the deadliest form - melanoma.

2. Sunscreen helps slow the appearance of aging.

Did you know the number-one cause of premature aging of the face is sun exposure? By wearing sunscreen, you are slowing down the development of wrinkles, leathery skin, and skin discoloration.

3. The ozone layer is depleting.

The ozone acts as a sunshield for the earth by absorbing harmful UVB rays before they reach the ground. As the ozone layer depletes, your body needs added protection from these harmful rays.

4. Wearing sunscreen sets an example for your kids.

By the time children are 18, children will have racked up a lot of time in the sun. Help protect them, and yourself, by making sun safety a priority.

5. Sunscreen is important for all skin types.

Even if you don't burn easily, wearing sunscreen is still important. Sunburn is an immediate reaction, but sun damage occurs over a lifetime. Although skin cancer is more prevalent in people with lighter skin, it does not discriminate and can still affect those with darker skin.

6. Sunscreen is more convenient than ever.

With so many sunscreen options, including sprays and sunscreen that is built into moisturizer, applying sunscreen is more convenient than ever. Use one that has a sun protection factor (SPF) of at least 15. Reapply at least every 2 hours, as it gets rubbed off by playing, swimming, and towel drying. Don't forget lip balm with SPF.

7. Sunscreen protects you from more than sunburn.

While sunscreen protects against sunburn, heatstroke is another extremely nasty health issue that can arise from extended sun exposure. Sunscreen, in combination with other precautions such as increased consumption of water, can help you avoid these issues, which can lead to nausea, muscle cramps and even brain damage if left untreated.

Sportsmanship

Show good sportsmanship by playing fairly, following the rules, being honest, and cooperating with other students and teacher. Sportsmanship is the second of two physical education rules that students are expected to follow, right behind rule number one, giving their best effort.

Tick Awareness

According to the Center for Disease Control (CDC), there are over 80 kinds of ticks in North America. With an increasing population of deer living in the places we play, we are also seeing the rise of blacklegged deer ticks — the ones that most frequently transmit Lyme disease. Deer ticks are reddish-brown, with a hard protective shield (called the scutum) behind the head.

How to Prevent

Ticks don't fly. They hook onto hair, socks, or clothing and crawl up the body then latch to your skin. The best way to prevent a tick bite is to wear long pants. Insect repellent containing at least 20 percent DEET can also help deter ticks.

Ticks are easy to miss. Their bites can be painless and they often climb up under clothing and bite in hard-to-see places. It is recommended the best prevention is to check your body carefully after you are in the outdoors.

Like most things, the best protection against ticks is knowledge. Check your body frequently and wear insect repellent.