

# Stop, Look, & Listen

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

Mr. Campbell ~ February 2017 ~ Issue Four, Volume One



## Walking for Great Health

Walking is an activity you can do every day of your life. It is widely considered the number one activity everywhere!

Walking is enjoyed around the world and here is why:

- It's easy to do and doesn't require any special skills or advanced conditioning. All you need is a good pair of sneakers.
- It's healthy for your entire body.
- Walking may be the safest exercise you can do.
- The cost to walk is, well, zero. Zero!
- Sneakers make the walker and is the single most important piece of equipment.
- Loose fitting clothing is your best bet and in the cold, dress in layers. A ball cap is great to block the sun rays.
- Stretch before and after your walk, as this will reduce the chance of sore muscles or injuries. Suggested stretches include calf and achilles stretch, hamstring stretch and quadriceps stretch.
- Talk to your doctor before starting any exercise program.
- Set goals and keep track.

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Enjoy your Winter!

## The Weight Room

Students in grades 2-5 have recently been involved in an introduction to the "weight room" unit during their physical education classes. The weight room is set up in the gym using specific equipment to target upper and lower body areas, as well as their cardiovascular & respiratory systems. There are 9 to 10 stations for paired students to rotate through. Students will have the opportunity to learn how to lift, push, pull different weights, as well as gain the knowledge of how to stand properly, balance & shift their body weight, hop and jump.



Students gain an understanding of why it's important to rotate between an upper body and lower exercise, as well as the difference muscle building and cardiovascular exercises.

This unit is uplifting and rewarding for many students. Confidence building takes center stage as students move throughout the weight room.

## Balance Unit

This balance unit is the first in a line of many that will follow each student through fifth grade. Where we are starting basic and simple in the idea of balance - known as the pre-control level. Activities at this level are designed to introduce weight bearing and stillness. During this unit, we are exploring the different body parts as our base of support, as well as wide bases to balance.

Moving forward, students will move to the control level by supporting weight on combinations of body parts, narrow bases, stop & go balance, as well as holding stationary balances on various types of large apparatuses.



## Safety First

Remember your sneakers, so you don't end up like little Timmy here. Timmy forgot his sneakers, tripped over a line in the gym and got a few boo boos on his body. Don't be like Timmy... remember your sneakers.

## SNOW!

Students of America! Do not let this winter pass you by without playing outside in the snow. PLEASE! Get outside and have fun playing in the white stuff. Jump in it, roll in it, throw it, build with it, shovel it, pack it, and shape it. Not to mention sliding, skiing, hiking, shoeing, and catching the snow flakes on your face before they hit the ground. Have fun!

## Football

Congratulations to all New England Patriots' football fans, as their Pats have just won the NFL's Super Bowl 51! New England has now played in 9 Super Bowls and won 5, under the leadership of Coach Bill Belichick!

Whether you're a fan of the game or if you play on a team, you may know that football offers something for everyone. No matter the talent or ability level one may have, anyone can play the game. There is a position on the team for any and all.

Football (whether at the pee wee level or all the way to the pros), can be fun, rewarding, challenging and a great way for team building that can last a life time.



## The Bus

Please be respectful to everyone who may ride our school buses. Our bus drivers have an awesome responsibility to make sure everyone is safe and comfortable. You can make their job easier when you follow the rules. Please follow the rules and report anyone who is not.

## Activities Right Now

- Weight Room
- Snowshoeing
- Over, Under, Around & Through
- Balance Unit

## Upcoming Activities

- Aerobic Workout!
- Ping Pong



## Education

Learning NEVER ends and that's awesome. Use your knowledge. Share your knowledge.

- ★ Elementary
- ★ Middle School
- ★ High School
- ★ University
- ★ On the Job
- ★ Community Building
- ★ Sharing Your Knowledge
- ★ Leaving a Legacy