



## PE Scholars Monthly Newsletter #1, 9/27/2013

### Teachers Corner

#### Welcome to PE Scholars Monthly Newsletter!

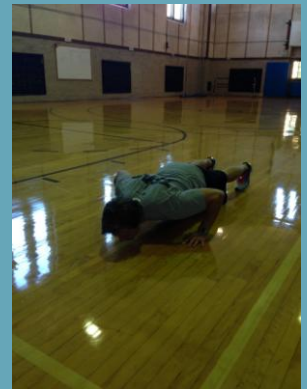
PE Scholars Monthly Newsletter is an educational presentation on physical education that eventually be a student led project, which will educate the students, faculty, parents and the community in comprehensive wellness. The PE Scholars Monthly Newsletter will provide information on physical education from Coach Anehall in the Teacher's Corner. The other three corners: Fitness, Nutrition and PE Corner will be students directed. With that said, I welcome you all from to contribute to the PE Scholars Weekly Newsletter.

Cheers,

*Kim Anehall*

### Fitness Corner

#### The Push Up



Great exercise that works your chest and core muscles. Perfect classroom FocusWELL exercise!!!

Pointers:

- Tighten gluteus and ribcage.
- 90° angle in elbows in down phase.
- Avoid locked elbows in up phase to prevent injury.

### PE Corner

#### Current in PE

**K-2<sup>nd</sup> grade** - Animal Walks unit (locomotor movement skills) reduces opportunity for injury on the playground during recess and enhance the students cardiovascular and muscular endurance.

**3<sup>rd</sup>-4<sup>th</sup> grade** - Throwing & Catching unit enhances the safety on the playground and the academic success in basketball later in the year.

**5<sup>th</sup>-8<sup>th</sup> grade** - Fitness unit teaches students how to apply the process of designing a personal exercise program that applies to the five components of fitness, FITT principle and addresses personal goals.

### Nutrition Corner

#### What fats should I eat?



- Have polyunsaturated and monounsaturated fats in your diet.
- Limit saturated fats.
- Eliminate trans fats.