

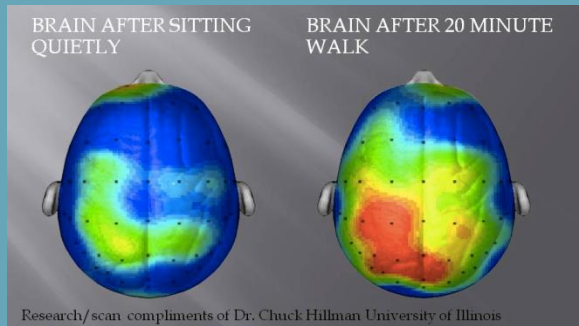


PE Scholars Monthly Newsletter #2, 11/5/2013

Teachers Corner

WELLNESS POLICY!

The Wellness Policy is a project that the Wellness Committee and the Wellness Champion have put together to provide a strong foundation that nurture both student achievement and wellness based valid and reliable research.



Cheers,

Kim Archall

PE Corner

By Timmy Dongas

Today (11/4/13) I interviewed a 2nd grader Etta about what she is doing in gym class. She told me they do 3 sets of exercises and in each set they do 5 push-ups and 5 sit-ups. That means in total they do 15 of each exercise. She also told me that they learned nutrition, and how to read space, and they learned boundaries skills. They also played tagging games such as toilet tag, and 3 finger tag. Etta told me that she likes to do 20 push-ups and 20 sit-ups at home.

Fitness Corner

By Ruth Sterley

Pull Ups



The pull up helps your back and arm muscles because you fight against gravity as you work against gravity. It is great because you can work on it everywhere such as playgrounds, at home, and the gym. It makes me feel accomplished and tough when I can do pull ups.

Nutrition Corner

By Sabrina Goldsmith



Calories are good for you because they provide energy to keep us going during the day. Calories are also bad for you, if you consume too many and do not exercise enough to burn calories, they are stored as body fat.