



## **PE Scholars Monthly Newsletter #3, 12/6/2013**

### **Teachers Corner**

By Kim Anehall

#### **PARENTS FITNESS CLASSES**

We are welcoming parents to attend fitness classes at Boone Elementary School on Tuesday and Thursday at 10:30am until 11:10am. It is a great time to meet other parents, community members and teachers from Boone Elementary. Also, if you are interested in learning about physiology, nutrition, or have other questions in regards to wellness please join us for a 40 minute workout that brings sweat and smiles.



### **Fitness Corner**

By Nadia Abdulridha

#### **LUNGES**

One of the best exercises that you can do anywhere are lunges. The benefits of lunges are better balance, improves the strength in your legs and better core stability, it also helps straighten your back and spine. You will not get all this benefits if you are not doing this exercise properly, that is the most important part. This exercise also provides around four components of fitness, such as body composition, muscular endurance, cardiovascular endurance and if you are stretching your leg far enough, it could be counted as flexibility. The most important part is to do the exercise correctly. You have to stretch your leg far enough and straighten your back completely with your hand on top of your head, and you can do this in your spot or walking lunges. If you want to know if you are doing it correctly, you have to feel the burn in the side of your leg and along with your back. If you are not doing lunges properly, it will not be effective and you will be wasting your time. You should be able to feel like you tightening your core and back and stretch your legs, but don't overdo it, or then you are going to get injured. So if you are looking for a beneficial exercise that is good for your back, core and legs, this is the exercise for you.



## PE Corner

By Michelle Audisho

### BASKETBALL SHOOTING

Wait before you think you could shoot like a pro, just take the time to listen to these tips. At the end, after practicing this procedure correctly multiple times you will have a huge advantage in the game.

1. In the beginning you have to control the ball by holding it by your fingertips.
2. Now, this step is the most important part of the whole shooting process. You have to bend your knees, as if you were sitting. As you go on with this process you should use your legs to spring up. At the end you will end up standing straight & hands high in the air.
3. Your elbows should be in and at the end of the shooting motion, your hands should be as if you were dunking in the rim.
4. When you are about to shoot, your arm should straighten in such a way, that your wrist is loosen.
5. You should follow through with straighten arms, loosen wrists, and with your fingertips hanging down. But they shouldn't be tight but naturally loose.



## Nutrition Corner

By Richard Carmona

### RED MEAT



Burgers, steaks, hot dogs, and red meat may be killing us. Experts tracked 121,000 adults at the age of 28 years, they found out that people who ate three ounces of red meat every day had a 13 percent, likely chance of dying from heart disease or cancer. Saturated fat and cholesterol are bad for your body and overloads of iron and sodium can threaten the hearts when eating red meat. So try not to eat cholesterol and saturated fats from red meat every day. Instead eat a balanced diet that includes fruit and vegetables. Eat healthy!