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Teachers Corner

By Kim Anehall

Smile

The smile is a powerful tool of optimism, which we all possess and should share as often as possible. Regardless of daily dilemmas we are still in power of our smile and we should not surrender to the predicaments that attack our smile. Thus, smile convincingly and spread the smile contagiously to those around you with the best of your intentions. In turn those around you will reward you with more smiles whenever you face struggles, which will offer us all a sense of hope and possibility. Thus, the smile is the seed that offers opportunity and hope.



Fitness Corner

By Adam Letaief

Pike Crunches

If there is anything that I have learned in Coach Anehall's gym class it is that pike crunches is a very good exercise. Have you ever wondered what is a good way to stay fit and healthy. Well, I know there are many different types of food and exercises to help with staying healthy and fit. In my opinion, I think that pike crunches is a very good way to exercise. It benefits lots of things such as loss of weight, helping your abs and stomach to strengthen. The way that pike crunches work is that you get on the floor, lay on your back, lift your legs up straight and put them together. Put your hands on top of your head and then you lift your head and shoulders repeatedly up and down while keeping them off the floor, as many times as you are going to do. Thank you and remember to exercise every day for 60 minutes will benefit YOU greatly.



PE Corner

By Eniola Jowosimi

You Can Do It!

What would your life be like if you did not exercise. People do not know how important exercise is to your body. Some kids that I have talked to said that push ups are hard. There is an important reason why you should exercise during P.E. even more so the 7th and 8th grade. It helps us live longer and makes us stronger. For those who play sports exercise helps us play better, and you know we want that. There is a saying if you work hard for what it will partially knock on your door. Ever heard of that, ok maybe I just made it up but it's true. If you work hard you will get what you work hard for. If you want to win a basketball game you have to practice, same as if you wanted to win a volleyball, football, soccer, and baseball. Practice makes perfect, you have to put forth the effort in P.E. and is coming from a girl who has a hard time in P.E. I do not use the words I cannot because they are not in my dictionary all I can see is "You can do it." That is all the motivation I need to complete a task. That is all you need to because if I can do it who says you cannot do it. You can do it!

Nutrition Corner

By Mylinh Lam

Junk Food, Delicious or Not?

Junk-food, we all love it. But, what is it made up of? Chips have saturated fat, which is one out of two unhealthy fats. Saturated and trans fat are the two main unhealthy fats. Better stay away from those. Some junk-food gives us a quick sugar rush, but what happens after? Our energy goes down, which affects us in processing information or doing a simple task. As soon as you finish your snack, you will crave more and more, because it is delicious. The more saturated fat and trans fat you eat, which increases your risk of cardiovascular disease. The more weight we gain, the more highly likely for humans, to get illnesses such as diabetes, heart disease and possibly worse. Gaining weight, is easy, losing weight is hard. If you aren't up to the challenge, reduce on eating junk-food.



Winners of Boone Elementary First Annual 2 on 2 Basketball Tournament



Mohammed Iqbal and Brandon Aiken