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PE Scholars Monthly Newsletter #1, 2nd Ed., 9/26/2014

Teachers Corner

By Kim Anehall, PE Teacher, Wellness Champion, FUTP 60 Program Adviser

Teachers vs. Students Softball Fuel Up to Play 60 Kick Off Event & Fundraiser

On a sunny Friday in the middle of September, more precisely 9/19/2014 at 4pm, Boone Elementary kicked off its first annual softball game between the teachers and eighth graders. With over 100 visitors contributing to the sport program's funds and spirit we must say it was a complete success. Furthermore, we offered pedometers to the parents of students from pre-kindergarten through second grade. Parents of students in third and fourth grade received key chains and pencils while our middle school parents received blue rubber bracelets that were provided by Fuel Up to Play 60. The game itself was a triumph for our teachers while the eighth graders provided their best effort in trying to prevent the teacher from winning. Regardless of the outcome of the game, families, teachers, and students enjoyed the softball outing to the Baseball Stadium at Devon and Kedzie.



Fuel Up to Play 60

Fuel Up to Play 60 (FUTP60) is an organization that fights childhood obesity by educating our students about healthy nutrition and the importance of daily exercise. The FUTP60 program offers our students a safe internet experience where they can log their daily eating and exercise habits. In addition, FUTP60 teaches leadership skills and healthy decision making skills. The National Dairy Council (NDC) and the National Football League (NFL) share equal roles in the organization by NDC providing the Fuel Up (i.e., nutrition) program and the NFL provides the Play 60 (i.e., exercise) portion. At Boone, FUTP60 provides several good things such as visits to Halas Hall the Home of the Bears and great online experience for our students that participates in the FUTP60 events. Please help our students have an awesome experience at Boone by having your child sign up with the Fuel Up to Play 60 program at www.fueluptoplay60.com.



Fitness Corner

By Sabrina Goldsmith (Wellness Ambassador)

Fitness



Fitness is important for everyone. It helps people be healthier, increase your chance of living longer, feel better about yourself, sleep better at night, to be with friends or meet new people, and most importantly, have fun!

The health of a whole generation of kids is in danger: very little or no physical activity, unhealthy eating habits, and lack of respect for their own bodies threaten the future of our children. Most children eat wrong and get almost no physical activity anymore. Never before in human history did children grow up so unhealthy like now.

Ways to stay fit as a kid are to limit time spent on technology. Two hours a day is the recommended amount. Another way is to walk or bike, instead of driving when possible. Also, if the weather is nice, go outside! Bike with a friend, go to the park, or play a game outside with a friend. If you have to buy a gift for a friend, try buying a fitness-related gift like a basketball or a new pair of soccer cleats!

I hope after reading this, you make more an effort to enforce fitness in your life and others!

PE Corner

By Nadia Abdulridha (Wellness Ambassador)

Nadia Interviews a Second Grader

Have you ever thought about how gym is like from a 2nd grader's point of view? Well, I interviewed Student A., from Room 101 to find out. Let's take a look:

Q: What types of exercises do you do in gym class?

A: The types of exercises that we do in gym class is the Strong workout, for example, star jumps, mountain climbers, burpees and bicycle kicks. We also do other ones like push-ups and sit-ups, pumping-up exercises.

Q: What is one of your favorite exercises?

A: One of my favorite exercise is bicycle kicks. It feels great when the ground is supporting my back. Another reason why bicycle kicks is one of my favorite exercises is because it is challenging and fun to kick your legs according to what Coach A tells us to do.

Q: What is one of your favorite sport in gym class?

A: My all-time favorite sport in gym class is volleyball. The reason why is because you bump the ball as hard or as soft as you want, as long as you bend your knees and stick your arms out in the right direction/way.

Q: What do you think about gym class, is it fun or challenging?

A: I think that gym class is both challenging and fun, because once you finish the strong workout, you are able to feel your heart rate increase from just from four exercises! Even though it is challenging trying to complete the exercises, when we begin our unit, we get to learn numerous materials in gym class. Furthermore gym class will help everyone later in life, because the exercises, we do will help us develop more information about health, so that we are able to use it late in life.



Nutrition Corner

By Mark Slewa (Wellness Ambassador)

Why We Need Sodium

NUTRITION REPORT

The progress of digestion and absorption of foods and the body's use of it is for growth and replacement of cells. In your whole life span you will eat 50 tons of foods. Junk food really takes a toll on your health. Junk food is the #1 killing of poor eating habits. The 6 basic nutrients are:

Carbohydrates: Nutrients that supply energy that help the body with other nutrients, it can be found in grain products.

Protein: The nutrient that builds and repairs body cells.

Vitamins: Nutrients that are essential for body growth, resisting infection, keep it functioning.

Minerals: Nutrients that helps build body structure and regulate many processes in it.

Fat: Nutrients that stores energy and provides body insulation.

Water: You can't live without it. It keeps the blood flowing, body moving, body tissues from sticking, and keeps the body cool.

