

The P.E. Pep Talk

Cupertino Union School District, Elementary PE Program

November 2011
Newsletter

Volume 1, Issue 3

Monthly Theme: Problem Solving

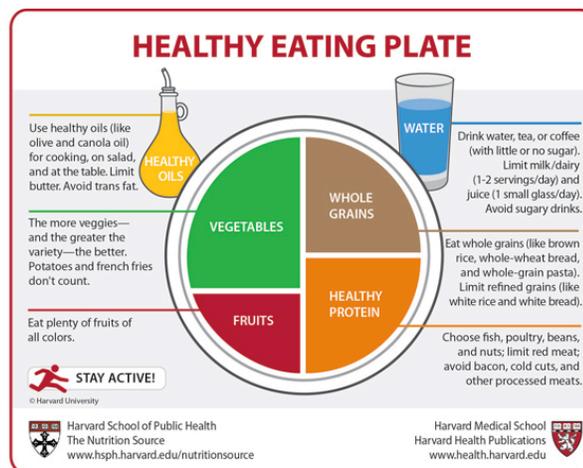
The last monthly themes we discussed were inclusion and sportsmanship. The students have continued doing a great job demonstrating respect towards their peers and positively participating together. As we continue into November, we are going to switch our monthly theme focus to “problem solving”. Some people may think problem solving in PE is strictly related to solving problems between students. However, in PE students are expected to solve problems in two ways, cognitively utilizing critical thinking or cognitively utilizing learned strategies for disagreements.

Because some PE activities have safety rules and modifications, there are some disagreements that come up. These disagreements can cause a small problem, in which it is important students learn how to solve their own problems. One of the best ways to quickly solve a problem is with a fun game called “Rock-Paper-Scissors”.

In relation to the cognitive critical thinking aspect of problem solving, there are many standards related to exercise physiology. These standards require student to critically think and demonstrate understanding through problem solving. For example, Standard 4.8 asks student to “identify their target heart rate”... (5th Grade PE Content Standard 4.8, California Department of Education). Here students are required to follow a Math formula utilizing percentages to find their target heart rate zone to improve their aerobic fitness.

Nutrition: Eat Smart! Play Hard!

Last month we learned that eating smart means eating nutritious foods – foods that give our bodies the energy they need to think, play, grow, and fight off illness. These foods include vegetables, fruits, grains, meats and nuts, and dairy. With this knowledge, we now need to find a way to jam all these nutritious and delicious foods into one meal. It may seem difficult, but by following the Healthy Eating Plate below, we can do it!



Remember, half of your plate should be filled with delicious vegetables and fruits. A quarter of your plate should be filled with whole grains, and the final quarter should be filled with healthy protein. And yes, remember to stay active!

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Fitness Factoids

As childhood obesity rates continue to grow, you can expect to see more youth-based fitness classes and programs available. Generally children from ages 5-8 begin to develop more complex movements and skills, and can play longer and harder than in previous years. This is the time that organized sports (both competitive and non-competitive) are introduced when it is easier to understand the concepts of following directions and teamwork. More than 48 million youth participate in organized sports today.

The best types of exercises for kids are the ones that don't feel like exercise and that children like to do that are age and developmentally appropriate. Team sports, for example, can help children develop an understanding of working together to achieve a common goal and provide a sense of inclusion with their teammates.

Like adults, kids need regular exercise, at least an hour of physical activity every day. By being physically active, kids will:

- Feel less stressed
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

Besides experiencing the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle everyday physical and emotional challenges, including running to catch a bus or studying for a test.

Organized sports aren't the only option for fitness, though physical activity is still important. Children learn by the examples that the adults in their life set for them. By making physical activity fun and a family affair, children can begin to understand the true value of exercise.

Family Fitness & Fun

Your child has been learning and practicing the state standard Fitnessgram tests. Have them teach you the tests and you can take them together as a family. When you're done with your tests talk about setting goals and come up with a plan for reaching those goals. Having goals can be a great way to motivate yourself to stay active.

We have also covered volleyball and volleying a ball back and forth with a partner. This is something you could practice with your child. All you need is a little space and a volleyball or ball of similar size. See how many times you can volley the ball back and forth before it hits the ground.