



# RESICA ELEMENTARY SCHOOL PHYSICAL EDUCATION SEPTEMBER/OCTOBER NEWSLETTER 2016

## HEALTH CLASS NEWS

### Ms. Conklin's Health Classes:

5th Grade- Personal Health & Well-being, Physical Fitness & Safety during exercise.

4th Grade- Strategies to avoid or manage conflict, violence & anger. Bullying.

3rd Grade- Social Health & Safety

2nd Grade- Bullying & Nutrition

1st Grade- Friends, Family & The 5 Senses

### Mr. Henry's Health Classes:

5th Grade- Personal Health, Physical Fitness & Safety

4th Grade- Personal & Social Health, Safety

3rd Grade- Personal & Social Health, Body Systems

2nd Grade- Body Systems & Safety

1st Grade- Safety & Social Health

## **First time with FITNESSGRAM**

*FITNESSGRAM is a comprehensive health-related fitness, activity assessment and computerized reporting system. The program provides feedback based on whether the child achieved the criteria-referenced standards for physical activity or fitness. These standards are age and gender specific and are established based on how fit children need to be for good health. The use of health-related criteria helps to minimize comparisons between children and to emphasize personal fitness for health rather than goals based on performance.*

*This year, for the first time at Resica, 5<sup>th</sup> Grade students were introduced to the proper techniques for the push-up, curl-up, trunk lift, sit & reach and pacers tests. All 5<sup>th</sup> students had practice time with the 5 components during P.E. class and all were individual assessed with results recorded at the end of the fitness unit. 5<sup>th</sup> grade students were and are encouraged to practice these 5 components outside of school to enhance their fitness levels. They will be assessed again on the same 5 components in the spring. We are hoping for improved scores.*

*Resica's 3<sup>rd</sup> and 4<sup>th</sup> graders also participated in a fitness unit. These students were introduced to the 5 FITNESSGRAM components with emphasis on proper technique along with station activities and games that would help to improve muscular strength, muscular endurance, flexibility, cardio-respiratory endurance and body composition.*



*Students in 1<sup>st</sup> and 2<sup>nd</sup> grades worked on their loco-motor skills. 2<sup>nd</sup> grade reviewed their skills through games and activities. 1<sup>st</sup> grade worked on their techniques for each individual movement: walk, run, gallop, side slide, skip, hop, jump and leap. These loco-motor movements were practiced and developed during games of Fire Stations, Fire Safety Skills Tag & Fire Chief.*

*Resica's Kindergarten students have totally enjoyed their first experience in the gym. They have worked on space and body awareness, listening skills, animal movements and loco-motor skills.*

*The last 2 weeks in October all grades developed their dodging, fleeing, target aiming, cardiovascular and muscle strength through games like Dr. Frankenstein, Ghostbusters, Trick or Treating, Bats in the Cave, Rolling Pumpkins, Zombie Tag and Costume Tag.*



### **THE RESICA RECESS RUNNERS/WALKERS CLUB**

*Students in grades 2-5 have the option to run/walk the 1/4 mile track set-up on the back-field during their recess time each day. The track officially opened on October 12<sup>th</sup>. As of October 27<sup>th</sup>, 2<sup>nd</sup> grade has completed 115 miles, 3<sup>rd</sup> grade has completed 70 miles, 4<sup>th</sup> grade 125 miles and 5<sup>th</sup> grade 30 miles. This gives the Club a total of 340 miles. "WAY TO GO"!!!!*