

# SPN PHYSICAL EDUCATION

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NEWSLETTER

Created and Published by the Stony Point North Physical Education Department

## Introducing... Volume 1 of the "SPN Physical Education Newsletter"

This is the first edition of the "SPN Physical Education Newsletter".

This newsletter will be published several times throughout the year and will highlight the basic

activities and events of the Physical Education classes at Stony Point North.

This first newsletter will provide a brief overview of the Physical Education curriculum, "Fitness Gram

Physical Fitness Assessment testing program, the "PE4Life" Philosophy, and basic information on upcoming activities in P.E. at Stony Point North Elementary School.

### Special Interest

#### Articles:

- P.E. Curriculum Overview
- 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Graders Participate in Fitness Testing
- SPN 5<sup>th</sup> Graders vs. Teachers in a "Race Across Kansas"

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**Stony Point North Physical Education:  
“Promoting Active Healthy Lifestyles”**

Physical Education is an important and essential aspect of the learning process toward total personal development of each student. The knowledge gained in Physical Education class is not only vital to a student’s present physical fitness, but is necessary to promote active and

healthy lifestyles throughout a person’s life.

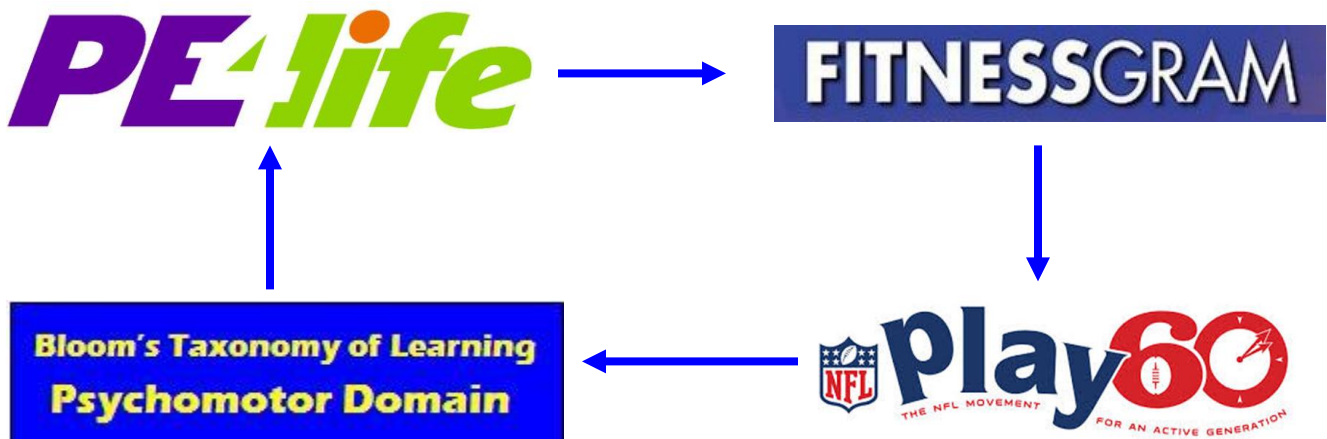
The overall objective of the PE program is to provide students with the opportunity to develop physical, mental and social skills through a variety of basic movement activities, PE developmental games, team sports, and physical

fitness activities.

Physical Education will also enable each student to establish a positive self-image, an increase in confidence, and to develop the appreciation of physical well-being through improved overall fitness.



**Components of the Stony Point North Physical Education Classes**





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Elementary School**

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Stony Point North Physical Education classes incorporate four basic components into the PE curriculum.

The **“PE4Life”** program emphasizes “Action Based Learning” and instilling the lifetime benefits of health and wellness. The emphasis is to teach students basic fitness concepts enabling each student to maintain a physical activities throughout their lives.

The **FitnessGram** program is a series of Physical Fitness Tests

that students in 3rd, 4<sup>th</sup>, and 5<sup>th</sup> grade PE classes take each semester. These fitness tests will provide indicators to each student on their level of fitness with emphasis on being in the **“Healthy Fitness Zone”**.

Within the three domains of **Bloom’s Taxonomy of Learning** the domain that applies to Physical Education classes is the **“Psychomotor Domain”**.

Psychomotor Learning in Physical Education is also demonstrated by physical skills; coordination, dex-

terity, manipulation, fluid movements, and strength. The goal is to learn basic techniques and place them into “muscle memory”.

Stony Point North Physical Education classes also emphasize the **“Play 60”** program. **“Play 60”** is a program sponsored by the National Football League to encourage students to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

These four components assist in the goal of our P.E. classes in **“Promoting Active and Healthy Lifestyles”**.







## SPN 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Graders Participate in Physical Fitness Tests

At the beginning of this school year, the Stony Point North 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Graders assessed their overall physical fitness levels by taking the **“FitnessGram Physical Fitness Tests”**.

The main goals of these fitness tests test are:

1. to provide students an understanding of their present level of physical fitness,
2. to determine if a student's score in each fitness area rank in the “Healthy Fitness Zone” at each age level,
3. to assist students in developing life-long habits of regular physical activity throughout their lives.

The FitnessGram Physical Fitness Tests are given twice a year, not only by all schools in the Kansas City, KS school district, but by physical education classes throughout the country.

A student's score for each of the six tests are evaluated against objective criterion-based standards which determine if the student's score is in the **“Healthy Fitness Zone”**. Scores in the “Healthy Fitness Zone” indicate the level of fitness necessary for optimum health at each age level.

The **FitnessGram** tests consist of assessing students fitness levels in six different areas:

### 1. Aerobic Capacity: The **“P.A.C.E.R. Test”**

(Progressive Aerobic Cardiovascular Endurance Run) is a running test where the students are running a distance of 20 meters with their pace and speed set by an audio recording.



2. Abdominal Strength and Endurance: The **“Curl-Up Test”** is similar to a sit-up or an abdominal crunch and performed to the pace of an audio recording.

3. Upper Body Strength and Endurance: An audio recording is also used to perform the **“Push-Ups Test”** where push-ups are performed to a 90 degree angle.





**5. Trunk Extensor Strength and Flexibility:** The **“Trunk Lift Test”** procedure consists of the student lying face down then lifting their upper body off the floor using the muscles of the back and holding the position to allow for the measurement.



**4. Flexibility:** The **“Sit and Reach Test”** measures the flexibility of each student especially the flexibility of the hamstring muscles.



**6. Body Composition: BMI (Body Mass Index)** involves the students measuring their height and weight and then calculating these numbers on a BMI chart. The BMI score will indicate if a student's BMI score is in the “Healthy Fitness Zone” or in the “Needs Improvement range” indicating that the child's weight is too heavy for his or her height.

Students with scores in the “Needs Improvement areas” should increase their physical activities and decrease consumption of high-fat, high-calorie, low-nutrition foods.

Activities in Physical Education classes apply an approach to learning so that students are being educated physically and have multiple options for acquiring information, learning new physical skills, emphasizing the need for physical fitness throughout their lives, and therefore assist in reaching the primary goal in Physical Education of ***“Promoting Active and Healthy Lifestyles”***.



## 5<sup>th</sup> Graders Challenge SPN Staff in a “Race Across Kansas”

Stony Point North 5<sup>th</sup> Graders are working on improving their overall physical fitness levels by challenging the Stony Point North teachers and staff members in a “Race Across Kansas”.

Our “Race Across Kansas” activity consists of all 5<sup>th</sup> graders and teachers and staff members using pedometers to record their miles that have been walked or ran during school hours and also their miles walked or ran away from school.

A large map of Kansas has been posted in the school to track the progress of each group to determine what group will be the first to log enough miles by walking or running to cover the distance across the state of Kansas. The total miles on our “journey” is 1006 miles.

In addition to the fitness benefits of this activity, we have also included academic activities to prepare our 5<sup>th</sup> graders to be “college and career ready” in their future.

Along our “travels” across the state of Kansas, students will “travel on our map” through K-State, KU, and other colleges with discussions held in their classrooms about college preparation and assist in preparing for their future.

Our map will also include pictures of other significant historical points of interest and state landmarks that will increase the knowledge of our students academically as they learn more about the history of our state.

The mileage that each group walks or runs will be plotted on a map of the state of Kansas with school activity based incentive prizes for the first group to reach certain cities and points of interest in Kansas along our course.

Studies have shown that an exercise program that includes a walking and running component can improve wellness levels and reduce the risk for cancer, diabetes, heart disease, and stroke and result in weight loss. This is also an excellent activity that can prevent the trend of childhood obesity.

Since a walking and running program doesn’t require any special equipment or membership to the YMCA or a fitness club membership, this is an activity that can be done at any time and throughout a person’s lifetime. This is also a GREAT opportunity for parents and family members to take part in and walk or run with their 5<sup>th</sup> grade son or daughter as the student works to improve their fitness level and also the fitness levels and overall wellness of the parents.

