

SPN PHYSICAL EDUCATION

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NEWSLETTER

Created and Published by the Stony Point North Physical Education Department

Darrell Stuckey Receives "Homecoming" at SPN

Former Stony Point North student and current NFL player, Darrell Stuckey, participated in an entire day full of special activities at SPN on Wednesday, March 12th.

Currently a player and a captain on the San Diego Chargers in the National Football League, Darrell attended Stony Point North for Kindergarten through 5th grade from 1992 through 1998.

Darrell originally thought that he was invited to visit and to just speak to the students at SPN as part of the "NFL Play 60" program. But what Darrell didn't realize was



that there was going to be a special surprise "homecoming" assembly that had also been planned for him.

At the beginning of this

"homecoming" assembly, Darrell was surprised by the attendance of nine of his former teachers who told stories of their memories of Darrell as a student at SPN.

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Chiefs' KC Wolf Helps "Kick Off" SPN's "NFL Play 60" Activities

The start of the "NFL Play 60" activities at Stony Point North was "Kicked Off" on February 26th with the help of KC Wolf and former Kansas City Chiefs football player Shawn Barber.

A school wide assembly was held as our beginning to our upcoming activities with the "NFL Play 60" program.

The "NFL Play 60" program emphasizes "Healthy Eating" and the importance of physical activity for at least 60 minutes every day.



During the assembly KC Wolf involved students in many examples of physical activities and

Shawn Barber spoke to students about the importance of eating the right foods for all meals.

Special Interest

Articles:

- *Darrell Stuckey Visits Stony Point North*
- *KC Wolf helps "Kick Off" NFL Play 60 activities at SPN*
- *The importance of "Healthy Eating"*

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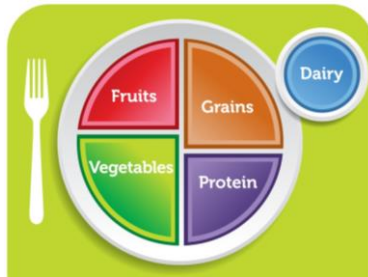
Stony Point North’s NFL Play 60 Activities Stress Healthy Eating

As a part of the “NFL Play 60” activities at Stony Point North, students have been learning about “Healthy Eating” in PE classes.

During the last two months PE classes have covered information on the “5 Basic Food Groups” through the use of the “My Plate” nutrition guide.

The “My Plate” guide helps students learn that each meal, breakfast, lunch, and dinner, should include foods from the 5 basic food groups.

Students have completed several writing activities that reinforce the importance of including



Fruits, Vegetables, Protein, Grains, and Dairy, in every meal.

During Spring Break, students focused on having all their meals be healthy, nutritious meals and recorded what foods they were eating for their meals onto “My Plate” diagram worksheets.

During the past several weeks Dr. Nozella Brown

and Ms. Chrishonda Brown, from the Kansas State Extension Office, have come to our PE classes and taught lessons in Healthy Eating

by presenting additional information on nutrition to our students in a fun, interactive, and informative way.



SPN Students Focus on Fitness through our Third “Race Across Kansas”

Stony Point North students are currently competing in our third “Race Across Kansas”.

Through the funding that our school recently received from the “NFL Play 60” program

pedometers were purchased for all of our third and fourth grade students.


Our “Race Across Kansas” now has 12 teams competing to determine what team can be first to walk a total of 1,006 miles across the state of Kansas through tracking miles on pedometers.

In addition to our third and fourth grade teams, we also have three teams of fifth graders, three teams of SPN teachers and staff members, and two teams made up of Kansas City, Kansas Public Schools district administrators and employees.

One of the KCK District teams is captained by Dr.

Cynthia Lane, the KCK district Superintendent, and the other KCK District team is captained by Mr. Mark Holland, the Mayor of Kansas City, Kansas.

This walking activity provides immediate feedback on the amount of daily physical activity and helps our students understand the importance of playing 60 minutes a day.



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Photo Credit: All photos on this page and on page 6 courtesy of Jeremy Bilberry, Peep Game Productions. To obtain copies of these and other photos of Darrell Stuckey from his visit to SPN, contact Jeremy at Jeremy@peepgameproductions.com or call 913-980-1701



SPN PE Activities for the Third 9 Week Quarter

Physical Education activities during the third nine weeks of the school included a “Tumbling and Gymnastics” unit. During this unit students from Kindergarten through 5th grade learned basic movement skills involving balance, body control, and coordination.



Tumbling activities included basic body movement activities along with the techniques for forward and backward rolls and various balancing and rolling stunts.



Gymnastics activities provided a variety of challenging skills involving movement, balance, muscular strength, flexibility, and muscular control.



Darrell Stuckey Receives "Homecoming" at Stony Point North

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A special video of Darrell that had been created for this assembly was then shown which displayed photos of Darrell as a student at SPN from Kindergarten through 5th grade.

The video also included highlights of his life after leaving SPN with video of Darrell as a football player for the KU Jayhawks and as member of the San Diego Chargers.

Darrell then spoke to the students at the assembly on the importance of healthy eating and being physically active as a part of the NFL Play 60 program. He also talked to the students about anti-bullying.



Near the end of the assembly, Darrell was presented with several gifts from SPN students which included an SPN T-shirt and an SPN wristband.

Darrell was then shown a new banner that was created with his picture on it which he autographed. The banner was later placed on a wall in the gym.

Staff members and former teachers of Darrell's that attended the assembly were: Judge Sample, Kindergarten Teacher; Cindy Cop, 1st Grade; Cathie Duvenick, 2nd Grade; Andrea Mantel, 5th Grade; Pat Harris, 5th Grade; Dee Ray, 5th Grade; Nancy Custead, Music; Ginny Bilger, P.E.; Laurel Holliday, Art; Sheila Seaver, Lunch Aide and PTA; and Barb McPherson, Principal.



During Darrell's day long visit at school, he visited every classroom and he presented every student with a book that he had personally donated. Darrell also set up special literacy contests for the students after they had read the books with special prizes for the winners and all participants that entered the contests.

