

# SPN PHYSICAL EDUCATION

Created and Published by the Stony Point North Physical Education Department

## SPN Places 7th in "Are You Faster Than a 5th Grader?" Race

Stony Point North 5th Graders finished in 7th Place out of 30 KCK elementary schools in the fourth annual "Are You Faster Than a 5th Grader?" Two Mile Run.

The race was held on Friday, April 24th and started at KCK Community College with almost 500 5th graders from all elementary schools in the KCK district running against KCK

School District Superintendent Dr. Cindy Lane.

The two mile course consisted of running a course along the streets on Kansas City, KS and finishing (Continued on Page 10)



### Special Interest

#### Articles:

- SPN Competes in "Are You Faster Than a 5th Grader?"
- Kansas Kids Fitness Day
- Students Create "P.E. Portfolios"
- Second "Healthy Eating Taste Test" Activity



## Third Graders Participate in "Kansas Kids Fitness Day"

On Thursday, April 30th, Stony Point North 3rd graders participated in the "Kansas Kids Fitness Day" activities.



This special event was held on the football field at Washington High School with 17 KCK elementary schools also attending.

The event consists of many "field day type" activities that stress the fun and healthy benefits of physical activity for students

Third graders participated in fun, non-competitive games including parachute activities, soccer goal kicks, a healthy foods

nutrition relay, a running event, hula hoop activities, and many other fun activities that emphasize fitness and teamwork.

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### 4th and 5th Graders Create "P.E. Portfolios"

This year a new component was implemented into the Stony Point North PE classes with 4th and 5th graders creating a "P.E. Portfolio". This activity is extremely unique to any Physical Education curriculum, at any level, and in any school district. The goal of creating a "P.E. Portfolio" was to inspire students with innovative class projects to encourage personalized learning for our students that can lead to a higher level of student achievement not only in PE class but also in other areas of their lives.

The "P.E. Portfolios" were assembled in a binder and were a collection of written projects that students work on throughout the school year. These projects are completed away from P.E. class time and provide an opportunity for each student to assess their performance and progress in physical activities, healthy eating, and also in other important areas. These innovative P.E. projects can provide an added opportunity to assist in preparing the student for more academic success and also personal successes throughout their lives.

Some of the projects in the "P.E. Portfolio" included: "Journaling", recording a student's daily physical activities in a "Daily Activity Log", Goal Setting using the "S.M.A.R.T. system" for setting goals, "Healthy Eating" activities, and Character Education lessons. This project allows our students to incorporate literacy activities into the PE curriculum and therefore be more in alignment with the KCK school district's goal of developing strong literacy skills.

Students provided their responses to completing projects in their "P.E. Portfolios".

#### What Did You Learn from Completing Projects in Your "P.E. Portfolio"?



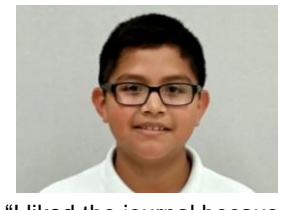
"I liked writing in my journal and learning how to set goals for myself in different areas."  
**Leslie Vega 4th Grade**



"The portfolio projects were fun and helped me learn more about myself."  
**Geily Flores Acosta  
5th Grade**



"It helped me get healthier and it was fun doing the different projects."  
**Yahir Cazares Leyva  
4th Grade**



"I liked the journal because every day I could write about what happened to me that day. It helped me express my feelings."  
**Jahir Rivas 4th Grade**



**Stony Point North  
Elementary School**  
8200 Elizabeth Avenue,  
Kansas City, KS 66112



"I learned about responsibility. Someday I will show my own kids my PE Portfolio and what I did when I was in 4th grade."  
**Dominee Wells 4th Grade**



"I learned more about myself and I was able to express myself by writing. It was awesome. I could keep track of everything!"  
**Marijana Crump 4<sup>th</sup> Grade**



"I liked the journal because I really like writing and it helped me learn how to be more responsible."  
**Leah Watson  
4th Grade**



**What Did You Learn from Completing Projects in Your "P.E. Portfolio"?**



"I learned a lot about myself and being responsible. I liked the journal because I could talk about my day and my feelings. Can we do this again next year?"  
**Jenna Knight 4th Grade**



"I loved writing and expressing myself. I learned more about responsibility and I liked recording my daily activities."  
**Alexia Martinez Arambula 4**



"I learned about goal setting and how to set goals. I also liked writing in the journal."  
**Daniel Luna 4th Grade**



"I learned that you don't just have to watch TV, instead you could work in your PE Portfolio. It helped me be able to express my feelings."  
**Diana Hernandez 4th Grade**



"I learned to eat healthy and exercise more. I learned why I should play 60 minutes every day."  
**Viviana Espinoza 4th Grade**



Doing the projects helped me be more responsible and to be more active and eat healthier."  
**Evan Sillas-Ontiveros 4th Grade**



"I liked the journal the most because I could write about my feelings and keep track of what I was doing with the different projects."  
**Cassidy Reno 4th Grade**



"It helped me set goals for myself and I was able to express my feelings every day in my journal."  
**Isaiah Coppage 4th Grade**



"I learned how important it is to stay fit and be healthy. The portfolio was super cool!"  
**Raegan Chapman 4th Grade**



"I liked the journal the most because it helped my writing skills and it also helped me learn more about myself."  
**Antonio Robledo-Zapata, 4th Grade**



"I learned more about myself with the projects and I learned how important it is to stay fit."  
**Kiersten Leach 4th Grade**



"It was awesome! I learned more about me, setting goals and to do your best you always need to practice, practice, practice."  
**Nakeah Mugala, 4thGrade**



"Doing the P.E. Portfolio was so much fun! By writing in my journal I learned about a lot of different emotions that we can feel each day and it helped me learn more about myself."  
**Manuela Varela-Castro 5th**



"I had fun doing the PE portfolio. It really helped me with my writing skills and helped me stay healthy."  
**Daniel Herrera 5th Grade**



"I love PE! When I looked back at my projects in my portfolio it gave me confidence. It helped me understand that with goal setting that what I do in my life counts."  
**Alyssa Greenlee 5th Grade**



"I learned about goal setting and it made me so happy when I made the two mile run team. The projects made me feel like a better person."  
**Jayden Ford 5th Grade**















### Focus on Healthy Eating Continues with 2nd "Taste Test" Activity

Students were able to continue their focus on learning more about the benefits of Healthy Eating with a second "Taste Test" activity. On Tuesday, May 12th, all SPN classes from Kindergarten through 5th grade rotated through the gym to learn about creating healthy snacks involving fruits.



Students were able to try a variety of toppings on apples and bananas and then also sample smoothie drinks from Smoothie King. By having this "Taste Test" activity students will hopefully learn more tasty, nutritious options that they can make themselves at home to replace other unhealthy food snacks.













**“Are You Faster Than a 5th Grader?” Race**

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on the track at the Washington High School track. The scoring of this event is determined by how many runners can finish before Dr. Lane.

The top runners for Stony Point North who finished ahead of Dr. Lane were: Anthony Wells, Daniel Herrera, Jaron Briggs, Deashia Bell, Erick Jaquez-Perez and Alyssa Greenlee.

Also representing SPN in the two mile run were: Jayden Ford, Willie Jasper, Aaliyah Shores, Dominique Barajas, Jahnye Jamison, Amil McDaniel, Israel Hernandez, Randy Spears, and Schaden Wallace.



In addition, as part of this special district event was the “One Mile Walk” where all 5th graders from the 30 KCK elementary schools walked a one mile course from Eisenhower Middle School to the Washington High School track. This was a non-competitive event with teachers and staff members walking with the students.

**Students and Staff “Travel” 5,549 Miles to Improve Fitness in a “Race Across America”**

Throughout this school year, from September through May, SPN students and staff, along with KCK district staff teams, have focused on improving their fitness and increasing their daily physical activities by having a “Race Across America”.

Eleven different teams wore pedometers each day and competed in 4 different “races” by “traveling” across and around the United States for a total of 5,549 miles!!!

Miles from their pedometers were reported each week and “Team Flags” were moved



The winning student team for the 3rd and 4th races was Mrs. Klaas’ 5th grade class.



across a large map of the United States to track each team’s progress.

In addition to the students, teachers, and staff members from SPN, also involved in this activity were other participants from the KCK district. KCK Superintendent Dr. Cindy Lane was the captain of a team from the KCK Central Office and KCK Mayor Mark Holland was the captain of a team from other KCK district staff members.

Our first was from San Diego to Kansas City, KS, the second race from Kansas City, KS to New York City, the third race was from New York City to Miami, Florida, and the fourth race from Miami, FL back to Stony Point North.