

December 2010

10 Foods to Favor

1. **Berries**, including blue, black and strawberries.
2. **Fatty Fish**, such as salmon, trout, tuna and sardines.
3. **Tomatoes** in sauce, salad or ketchup.
4. **Fat-Free dairy** like skim milk have calcium and vitamin D.
5. **Green Tea** is a disease fighter.
6. **Nuts**, especially almonds and walnuts.
7. **Green Vegetables**, broccoli is best.
8. **Soy**, soy burger or tofu.
9. **Dried Beans**, such as kidney, black, red and chick peas.
10. **Whole Grains**, always opt for 100% whole grain or whole wheat.

PE Swimming

Each PE class meets in the pool every other week during trimester two. Students provide the following for swim class:

- Swim suit
- Towel
- T-shirt for boys if they prefer.
- Girls need one-piece suit or at the least need a tank top to cover two-piece.
- Most girls wear shirt and shorts over their two piece suit.

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Please Exercise Daily

It is the opinion of the American College of Sports Medicine (ACSM) that physical fitness programs for children and youth should be developed with the primary goal of encouraging students to develop an appropriate lifelong exercise behavior. Adopting this behavior will help young people develop and maintain sufficient fitness levels and enhance their overall health. School physical education programs are an important part of the overall education process. We emphasize the development of lifelong exercise habits and provide instruction about how to attain and maintain appro-



appropriate physical fitness. The current recommendation from the ACSM is that youth and children obtain 60 minutes of vigorous exercise each day. Physical education classes typically devote instructional time to physical fitness activities, but class time is generally

insufficient to develop and maintain optimal physical fitness. Therefore, we try to educate students about the importance of activity/exercise outside of class and encourage them to change any behaviors that prevent them from moving around outside of school. We hope our students engage in appropriate activities outside of class. We need your help to make that happen. Please help your children see the value in exercise and encourage them to do it daily. To be successful, we all need to emphasize the recreational and fun aspects of exercise. It takes all of us to make a change.

Diabetes Risk Grows for Kids

Type 2 diabetes used to be considered an adult disease. It was even referred to as adult-onset diabetes. No more. As many as 30-50% of childhood diabetes cases are now type 2.

Why the increase? In a word, obesity. During the past 30 years, the rate of

childhood obesity has more than doubled for teens and more than tripled for kids ages 6-11. Today, more than 30% of children in the United States are overweight or obese. Of kids diagnosed with type 2 diabetes, 85% are considered obese.

Tips to help your child maintain a healthy weight:

- Eat healthier—limit portion sizes and make the effort to cook healthier.
- Don't use snacks as reward—food is for energy.
- Limit TV, video and computer time to no more than 1-2 hours a day.
- Be a good role model. Eat healthy and exercise regularly.

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Is It Physical Education or Physical Activity?

With heightened attention on childhood obesity prevention efforts, there seems to be some confusion between the terms “physical education” and “physical activity”. Often the words are used interchangeably but they differ in important ways. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children. The National Association for Sport and Physical Education (NASPE) believes every child in the USA deserves both a quality

physical education and physical activity program.

School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. PE teachers assess student knowledge, motor and social skills and provide instruction in a safe, supportive environment. Based on a sequence of learning, physical education should not be compared to or confused with other physical activity experiences

such as recess, intramural and recreational endeavors.

Physical activity is bodily movement of any type and may include recreational, fitness and sport activities, as well as daily activities. Similar health benefits to those received during a PE class are possible during physical activity bouts when the participant is active at an intensity that increases heart rate and produces heavier than normal breathing. NASPE recommends school-age children accumulate at least 60 minutes of physical activity per day while avoiding prolonged periods of inactivity.



Presidential Physical Fitness Award Winners

Each trimester, all physical education students complete a five-item test battery created by the President’s Council on Physical Fitness and Sports. These tests measure students’ abilities in the five areas of fitness (muscular strength, muscular endurance, aerobic capacity, flexibility and agility). That council also cre-

ated benchmarks for boys and girls of all ages in each test. If a student achieves at/above the top 15% of his/her age group in a test, the student has achieved Presidential status for that test. If a student achieves the Presidential status in all five tests, he/she earns the Presidential Physical Fitness Award. Seven junior

high students accomplished this difficult feat during trimester one:

- **Lauren Sanford**
- **Brad Needham**
- **Noah McNamara**
- **Zain Robinson**
- **Joe Gilman**
- **Beth Rosenbaum**
- **Olivia Cottom**

Seven junior high students earn the Presidential Physical Fitness Award during Trimester One

What Do Your Student’s Learn in PE?

Our physical education classes focus primarily on organized activity that emphasizes fitness, cooperating with others and being one’s best. During class time, students will learn and perform the skills needed to participate in a variety of health-enhancing physical activities that can be done for a lifetime. The hope is

that our young people will begin to develop or improve their current attitude about physical activity. If that happens, the students should then be motivated to exercise more frequently.

To help accomplish the change in attitude, students will be exposed to activities and information that focus

on improving their aerobic capacity, muscular strength and endurance, their flexibility and their agility.

Finally, students will learn and demonstrate knowledge of certain rules, strategies and skills important to a variety of individual, dual and team sports.

