

# Grandview School

## *Physical Education and Health News*

*A "highlight reel" for parents, teachers, administrators and the public*

### **GYMNASTICS ANNOUNCEMENT!!!**

**Gymnastics begins Monday, November 26<sup>th</sup>!!!**

- **Students will be reminded to wear activewear, sweat pants, warm-ups ("shwooshies") or wind pants.**
- **Students who wear jeans during the gymnastics unit will not be allowed to participate for safety reasons. Also, whenever possible, please limit clothes with excess zippers and belts.**

**Thank you for your help in keeping all students safe in physical education!**

#### **MAY YOUR VACATION DAYS BE FIT AND FUN!**

Exercising in the winter can be lots of fun with new experiences!

Families, keep up your workouts and nutritional guidelines throughout the winter!

Health Tip: If you are exercising at high altitudes this winter, please remember to stay hydrated and wear sunscreen and eye protection.

### **\*\*\*MARK THIS DATE ON YOUR CALENDAR\*\*\***

Thursday, January 24<sup>th</sup> (Snow Date: 1/25/19) → **3<sup>rd</sup> Grade Physical Education Special Event**

Grandview Gym → *Parents are welcome to attend @ 2:15. Please enter through the stage door for stage viewing.*

#### WINTER WEATHER WISDOM

As the weather turns colder, the students have been reminded during recess to wear a jacket outside and it has also been suggested that they wear hats and gloves to keep their head and hands covered for warmth. The recess procedure is for students to look at me. If I'm wearing my jacket, students need to wear their jackets. If children wear a hat, they can conserve more body heat for their hands and feet. **If your child wears boots** (including Converse extra-hi-tops, high wedges or Uggs) to school, please remind him or her to pack sneakers in a bag and bring them along to school, so he/she can participate during physical education class and fully participate on all equipment at recess.

#### FITNESS UPDATE

Students in grades 1-3 have completed their fall fitness challenges in five areas of assessment: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. The assessments are a part of the FITNESSGRAM test in partnership with the NFL Play 60 movement. The assessments provide feedback based on whether the student achieved the criterion-referenced standards for physical activity and fitness. The emphasis on health-related fitness criteria helps to provide the students the encouragement for personal fitness and exposure to different assessments to help them learn about the different parts of physical fitness, rather than comparisons between students. The results are not posted for other students to see as this could create embarrassing situations that does little to create positive attitudes towards exercise and being active. In addition, the standards are age and gender specific. As a part of the overall curricula and philosophy of physical education, the objective is to teach students the physical and behavioral skills they can use to lead an active life while demonstrating good sportsmanship for their classmates. The information can be used to help students strive for their personal best and to teach students what exercises and activities they can participate in to reach a level of healthy fitness. Students who are physically active tend to have better grades, school attendance, cognitive performance and on-task behavior. Students receive a certificate for completing the fall fitness challenges highlighting the various activities completed for health-related fitness. **I am happy to speak with you regarding how your child performed on the challenges. Please feel free to contact me.** Congratulations to all students for trying their best and I encourage everyone to play 60 minutes a day!