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PE Scholars Monthly Newsletter #2, 2nd Ed., 10/31/2014

Teachers Corner

By Kim Anehall, PE Teacher, Wellness Champion, FUTP 60 Program Adviser

Happy Halloween!

Happy Halloween! It is time to celebrate at Boone and we are awesome at healthy celebrations, as our students snack on fruits that are left over from breakfast and lunch throughout the day and we have an impromptu Halloween dance organized by our amazing dance teacher Mrs. Spears with the help of our Wellness Ambassadors. The dance will take place in the hallways at 3:00PM on Halloween. At Boone, we know what wellness means, and we lead by example. However, we also know how to enjoy life, and we do so in moderation. Moderation, to Fit Boonies, means that we are aware of portions and how often is healthy when it come to eat sweets and other unhealthy treats. Nonetheless, while in school, we all practice what we teach, which a healthy lifestyle and how to make healthy choices that helps our students, faculty, parents, and community overall wellness.



Fitness Corner

By Racquel (Wellness Ambassador)

Split Squats

Split squats can help enhance your stability and coordination. Split squats are done by bending your front leg, and lowering your front leg to as low as you can without your knee actually touching the floor. Then return back to a standing position. If you want really good result, this exercise should be repeated should be repeated about 15 to 25 times. Virtually, anybody is able to do this exercise. But, you will only get good results if you do the exercises correctly!

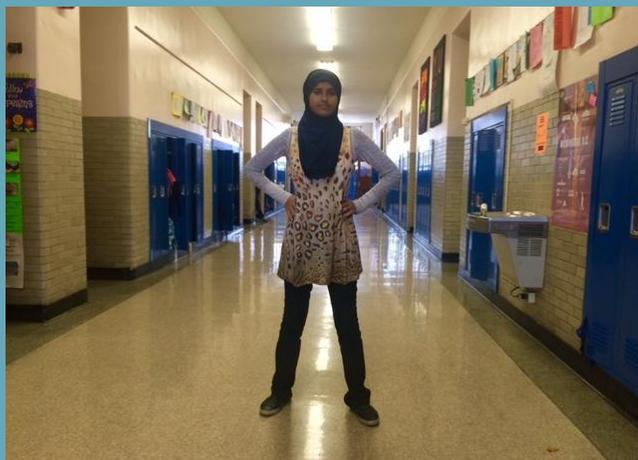


PE Corner

By Sarah (Wellness Ambassador)

Physical Education and Gym Class

Physical Education is education for the human body as well as the brain through physical movement. It aims to develop students' physical competence and knowledge of movement including safety. It also develops their ability to use this information to perform in a wide range of activities that correlate with the development of an active and healthy lifestyle. It also develops students' confidence and universal skills, especially those of collaboration, communication, creativity, critical thinking and artistic recognition. Together, with the advancing of positive values and attitudes in PE, it will provide a good foundation for students' lifelong and life wide learning.



The F.I.T.T. Principle is one of the foundations of exercise, a set of guidelines that help you set up a workout routine to fit your goals and fitness level while helping you get the most out of your exercise program. F.I.T.T. stands for: Frequency, Intensity, Time and Type. Frequency is basically how often you do an exercise. Intensity is how hard the exercise might be, Time is the length of time that you are willing to put in your exercise or workout. Lastly, Type, which is the name or type of exercise that you are doing and what part of the body it strengthens. The exercise you do depends on you and your ability, it can be weight lifting or just running for 30 minutes every day or every other day. It's all about how you feel about what you do and your body.

In gym class, our gym teacher, Coach A, covers the FITT Principle and Physical Education in the warm-up. He has you do exercises followed by the lesson. He is more than likely teach a new sport and techniques to play games. All that Physical Education and FITT Principle is working is to develop a whole life styles. With our coach we finished the fitness unit and played speedball as our game of the week, which is to get us moving and in shape for gym.

Every time that we have a complete week with our coach we learn something on a new unit such as nutrition and fitness. We also learn how to play a new game such as floor hockey, basketball, and volleyball. This week we will learn to play Floor Hockey. Coach A. will teach us the guidelines and expectations, as well as rules and how to play floor hockey. The class will be divided into teams and we will start playing the game. At the end of the week, Coach A will give us a test on the unit we studied and this test will show how much we learned from the academic and physical information we learned and put into use in our lives.

When we students go into gym class we think, oh we're just going to do some exercise get sweaty and once we leave we will just go back to the daily school work. Basically, some people think of this class as a waste of time. However, when you start to take gym class seriously, and actually start to learn, we get to learn how important exercise really is to our body and mind. Physical Education awakens our minds, communication skills, creativeness, and everything else in our body. It's like a battery recharging that every human needs in some sort of way to keep them going the whole day with very little drainage and lots of recovery. It keeps our life style going in a healthy and positive direction.

Nutrition Corner

By Sabrina (Wellness Ambassador)

Recently, Aramark came to Boone. , which is the company that helps many businesses and workplaces with food services, management, and many other things, as they also do for Chicago Public Schools. They came to Boone to discuss the quality of school lunches with the Wellness Ambassadors, after a letter and petition that was sent to the Board of Education by the Wellness Ambassadors. Also, Aramark met with the Wellness Ambassadors of Boone and informed us us of how they work and develop new products. They also talked about what is coming up next at our school lunches. Changes and requests were asked for to be made for our school lunches, and most may be happening very soon and some old favorites may be coming back very, very soon!



Fuel Up to Play 60 Corner

By Kimberly (Wellness Ambassador)

Play with Fuel Up to Play 60

Fuel up to play 60 is a great opportunity for you to get up get out and play. We don't necessarily say that you have to go outside to play or do other activities, you could also stay inside and be active. By active I mean cleaning your room or doing any chores at home that involve you to move. You



could also do activities that you may do in your daily routine like walking your dog, taking out the trash, shoveling the snow, and mowing the lawn. If you

want to be really out going then you could go ahead and do something that involves sports. Sports could be basketball, football, swimming, and running.

So now you have an idea of what counts as an activity in Fuel Up to Play 60. Now let's talk about why you should join Fuel Up to Play 60 and what the benefits are. If you decide to join Fuel Up to Play 60, it could really help your school be more successful. If you're thinking of making a difference in your school join Fuel Up to Play 60. The benefits of having Fuel Up to Play 60 are several such as getting points on your tracker, which is fun. Your tracker is like a form that you fill out that asks you what activities you did that day and what food you ate. I mean who doesn't want to gain points and be the good at something it's almost like a video game the more you do the more points you get the more rewards you get.



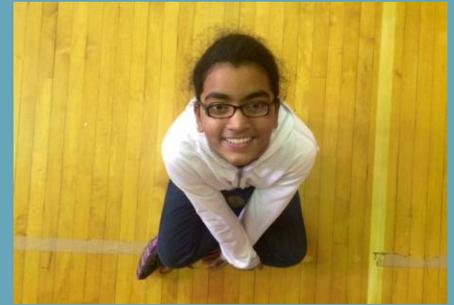
Fuel Up to Play 60 also has a program for the kids that want to become student ambassadors. Great student ambassadors get rewarded by going on field trips around the United States, meet other athletes, leaders and student ambassadors that are learning how to become leaders. I hope you join Fuel Up to Play 60 and get active.

Fuel Up to Play 60 Corner

By Sufia (Wellness Ambassador)

Expressive Arts Night - Fuel Up to Play 60 Promotion

Expressive Arts Night started at 5:00 P.M and ended around 7:00. It was a lot of fun, as we put up our Fuel Up to Play 60 advertising and fundraiser for gym right outside gym where we sold healthy snacks and water bottles. We were there until it ended and we gave out Fuel Up TO Play 60 stickers to little kids.



The Expressive Arts Night helped advertising and raising money for our gym so that we could get new equipment for our gym. We raised \$33 and it was a lot of fun. We got people to sign up to Fuel Up To Play

and we gave out prizes such as basketball and jump ropes and wrist bands.

During the fundraiser we also had a gym class. There were parents and our little class students that Coach Anehall was teaching about our every day gym classes and what exercises we do in class. It was a lot of fun. We also had other expressive arts classes going around the school they were fun too.

We had our crew of Wellness Ambassadors and of course we had Coach Anehall with us. Even though we had to stay there for a long time, it was worth it!