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PE Scholars Monthly Newsletter #2, 3rd Ed., 4/11/2016

Teachers Corner

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

Join Us, Fit Boonies!

Boone students get to learn how to identify the food groups and servings sizes in kindergarten. By eighth grade the students know how to analyze the food by the macronutrients (i.e., fats, carbohydrates, and protein) and micronutrients (i.e., vitamins, minerals, and water) and its benefits on their physical, emotional, and social wellness. These are essential skills for a long and healthy life, as nutritional knowledge is the healthy language of food that is the number one factor that impacts a student body composition now and in the future. Body composition is the relative amount of fat and muscles in the body, which is a great indicator of the current health status in a student. Currently, approximately 48% of Chicago Public Schools students are either overweight or obese. It is a number that we do not accept at Boone, and we do everything we can to combat the nationwide childhood obesity epidemic. Academically, Boone addresses childhood obesity via games such as culinary hangman and nutritious free association game, as the students get to apply the acquired nutrition knowledge in a fun and enthusiastic manner. During the lunch, the students count the number of food groups they consume and in homework assignments they write about how they participated in breakfast and other nutritious activities at school and at home. To make sure our quest for a healthier future does not stop in the classroom we want more wellness ambassadors (i.e., students, teachers, parents and community members) to help us spread the word of healthy eating. If you need some help, please contact our Wellness Champion at Boone, Kim Anehall.



PE Corner

By Vedika (Wellness Ambassador)

What We Do in Physical Education



What do we do in Physical Education in Boone School? More than just play sports of course. We learn the science before the type of exercises we do. This month, my class and I are learning how to play volleyball. In a PowerPoint provided in the beginning of the lesson, we learn when and how the sport was created, the rules, how the five components of fitness apply to volleyball, and how playing this sport can benefit us. After that, we get to play the sport, learning the correct techniques. We will stop and go back to what we learned in the slides and combine what we did to what we learned. We are also doing our fitness warm-up (mountain climbers, squats, push-ups, sit-ups, jumping jacks, star jumps, and bicycle kicks.) These exercises get our heartbeat up so we are ready to do the next activities. If there's one thing I learned throughout Physical Education, it'll be to try your best, and challenge yourself to new things and you'll be what Coach A says, "Stronger, smarter, and better."

Nutrition Corner

By Salina (Wellness Ambassador)

Food Groups and Serving Sizes

What is nutrition? Nutrition is the process of getting the food necessary for health and growth. In health class, we learn about nutrition. One can get nutritious food by different types of food and drinks. The five food groups can give you the healthy nutrition that you need. The five food groups are vegetables, fruits, grains, protein foods and dairy. You also need to know what serving size of each food group you need to have every day. You should have 3-5 servings of vegetables, 1-3 servings of fruits, 3-5 servings of grains, 1-3 servings of animal protein foods and 2-4 servings of plant protein foods. You should also have 2-3 servings of dairy and 1-2 servings of oils and fats.



The serving size of vegetables, fruits, grains, dairy, and plant protein.



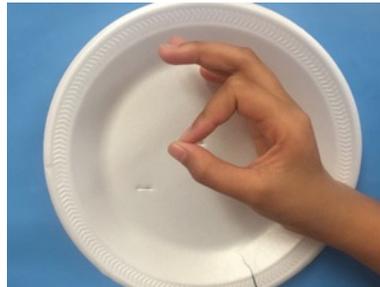
The thickness of animal protein foods and bread servings size, minus the fingers.



The serving size of animal protein foods and bread, minus the fingers.



The serving size of oils and fats.



Fuel Up to Play 60 Corner

By Erum (Wellness Ambassador)

Students Experience with Fuel Up to Play 60

I am going to share some experience from two students about Fuel Up to Play 60.

- Do you like to play fuel up to play 60 if yes or no why or why not?
 - Student 1: Yes, I like to play because it is fun and it's when we do cool stuff.
 - Student 2: I like fuel up to play 60 because it gives us tips on how to be healthy and fun games



- How was your experience at fuel up to play 60
 - Student 1: My experience is good. I like it.
 - Student 2: It was fun to do online and at home when I am bored.
- How many stars would you give to fuel up to play 60?
 - Student 1: I will give Fuel Up to Play 60 5 stars.
 - Student 2: 2:5 out of 5.
- Will you recommend this to anybody
 - Student 1: Yes!
 - Student 2: I would recommend this to anyone who likes to learn about your health.
- Do you want to share or add anything else?
 - Student 1: No.
 - Student 2: -

According to the result people like to play Fuel Up to play 60. So if you want to learn more about your health and if you want to know more about living a healthy life and have that kind of experience like the Boone students – join now!!!



Fitness

By Hanna (Wellness Ambassador)

Army Claps

Army claps are an exercise I like to use outside of school. This is how you do army claps. You hold your hands up to a T and clap, like your doing jumping jacks, except you don't use your feet. You clap four times then say "One!" then you clap your hands another four times and say "Two!" You do this until you get up to eight. Then you do a few arm circles (forward and backward). You do that again. Sometimes I do this three times. When you are done doing army claps, you should stretch, or your arms are going to feel like they are going to fall off the next day.



I think you should do this exercise because it helps you strengthen your arm muscles. And if you are a dancer like I am, this will be a really good exercise for when you do ballet and many other dancing moves with your arms. This exercise also helps you do push-ups easier. When you do army claps, you should do them in front of a mirror because even though you don't think so, your arms will keep getting lower and lower because you will get tired. When you do this at first, your arms will hurt a lot! But that's why you should try to do them everyday. Now I know it is hard to do army claps everyday because we always have things going on in our daily lives, but try to do army claps whenever you can and whenever you remember (I am very forgetful myself).