



PE Scholars Monthly Newsletter #4, 1/17/2014

Teachers Corner

By Kim Anehall

PARENTS FITNESS CLASSES

We are welcoming parents to attend fitness classes at Boone Elementary School on Tuesday and Thursday at 10:30am until 11:10am. It is a great time to meet other parents, community members and teachers from Boone Elementary. Also, if you are interested in learning about physiology, nutrition, or have other questions in regards to wellness please join us for a 40 minute workout that brings sweat and smiles.



Fitness Corner

By Sarah Rehman

Sit Ups

Coach A makes us do exercises in the gym to make us stronger, better, and smarter so that we can lead a better life. One exercise that we do in the gym whenever we have gym are sit-ups. Sit-ups is an exercise that flattens the stomach and if done regularly it will eventually create a six pack, which is what many of us dream off but do not actually achieve. Now that you know an easy and harmless exercise for your body you can have a better fit and better looking body. Also to stay healthy you need to exercise your muscles every day, and by doing sit ups you will help exercise your abdominal muscles that run from beneath the sternum to above the pelvis and to exercise the rest of your muscles you can follow your daily exercise program/plan and be healthy, stronger, better and smarter.



PE Corner

By Deborah Salgado

What is Happening in PE?

P.E. is an abbreviated term referring to physical education. Physical education is taught in most school systems, and involves healthy activities and exercises. I interviewed two students to compare to what my class do to what the other person's class. One student said, who is in 215, that they do five sets of exercises. Five pull ups, five pushups, five biceps curls, five burpees, and five sit ups. In my class we do four sets of different exercises. I also interviewed another girl and she said that they did pushups 10 times and burpees five times, jumping jacks fifteen times and squats ten. She also said that they did pushups, sit ups, split squat across the room. It means that we do 10 or 15 each for exercise. We all also finished basketball and we will play volleyball in February. We are also learning about muscles.

Nutrition Corner

By Karen Salgado

CELERY



Celery is a good choice instead of junk food. Celery is a good healthy choice because Celery is the best vegetable source of naturally occurring sodium. the celery is high in potassium. This type of vegetable has high water content so that means the celery is juicy. It is an easy item to add to the diet to make the eating habits better. For example, you can eat peanut butter with celery rather than bread with a different item and its much healthier because it has lower calories.