

# CYPRESS-FAIRBANKS INDEPENDENT SCHOOL DISTRICT ELEMENTARY P.E./HEALTH NEWSLETTER

May, 2008

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## COORDINATOR'S CORNER

by Loretta Bourn

As the end of the year rapidly approaches, I want to thank each p.e./health teacher for the help and support given to me during my first year as Coordinator. The year has been exciting and challenging, and I look forward to 2008–2009!

This newsletter contains information on a SuperCyclists training to be held on June 4. I think this is a great opportunity and hope many of you will take advantage of it. However, be sure to take time to rest and recharge!

Finally, my best words of encouragement for these next few weeks of school must focus on the importance of structure and planning. For many years, my belief has been that there is a direct correlation between the end of the year and the role of structure—the closer the last day of school, the greater the need for structure and consistency.

Have a great summer!

**Please remember to complete and return the p.e./health inventories sent to teachers in late March.**

## WESTERN/DANCE DAYS IN CFISD

February and March were filled with music and movement in physical education classes! There were a variety of offerings including folk dances, line dances, square dances, ball skills routines, and more. These events provide great performance opportunities to showcase students and activities. Parents and administrators appreciate the hard work of the teachers and students.



Western Day at Holmsley Elementary  
(Claro Dumlao and Scott Christensen)

## SUMMER EVENTS/WORKSHOPS

**SuperCyclists Training**  
Bang Elementary  
8 a.m. – 4 p.m.

**24th Annual TAPERD Summer Conference**  
**July 20 – 22, 2008**  
Waco Convention Center  
Waco, Texas



## FINAL DAYS OF PEP GRANT

The physical education department of CFISD is in the process of closing out the three-year PEP Grant. Through the grant, campuses received a variety of trainings and equipment. In collecting data for reports, the district expanded fitness testing and implemented a system for identifying activity levels for activities used in elementary physical education classes.

In elementary programs, the Carol M. White Physical Education Program Grant provided items that included:

- Additional computer equipment
- Pedometers
- Heart rate monitors
- One Heart Challenge Course
- Assorted equipment for individual campuses
- Two Sport Packs (40 sets in each pack) for check-out to schools
- Dance Dance Revolution systems (Teachers will receive training in August, and the DDR systems will be checked out to campuses on a rotating schedule.)
- Food Pyramid Pocket Charts (Each school will receive one pocket chart next August.)

## PEP AFTER-SCHOOL CLUBS

With the completion of the PEP Grant implementation, the PEP After-School Fitness Clubs also come to an end. The CFISD Physical Education Department is proud and appreciative of all the schools, teachers, and students involved in the clubs during the past three years.

Special recognition goes to the following teachers who participated every semester of the program:

- **Becky Anglin**  
Walker Elementary (6 semesters)
- **Cindy Culp** and **Nancy LaGrappe**  
Reed Elementary (6 semesters)

Another round of thanks goes to all the schools involved over the course of the program:

- **Adam Elementary** (4 semesters)
- **Hancock Elementary** (2 semesters)
- **Jowell Elementary** (2 semesters)
- **Lieder Elementary** (2 semesters)
- **Postma Elementary** (2 semesters)



## SOFIT

Mary Torian and Loretta Bourn recently received training in the use of SOFIT (System for Observing Fitness Instruction Time). SOFIT aligns with the focus on MVPA. SOFIT is an objective tool used for assessing physical education instruction. The Healthy People 2010 document includes many health objectives that target physical activity behavior in adolescents, including one that aims for students to engage in MVPA during at least 50 percent of physical education class time. SOFIT provides a method to objectively measure MVPA. Teachers will receive more information on SOFIT in August, 2008.

## MAY IS NATIONAL BIKE MONTH

Please consider focusing on specific bicycle safety tips and lesson activities during the month of May.

Not only is May National Bike Month, it is also an excellent time to teach/review bicycle safety as students prepare for summer activities.



From NASPE Website:

## CARDIO QUICK SHOT ACTIVITY Fitness Tic-Tac-Toe

(Adapted from the April activity listed in the "Toolbox" section of the NASPE Website.)



Each student or pair of students receives a tic-tac-toe card. To create cards, teachers can use the template found at: <http://www.aahperd.org/Naspe/Toolbox/PDF/apr08/TicTacToe.pdf>. (Teachers can adapt the card with a variety of physical activities.)

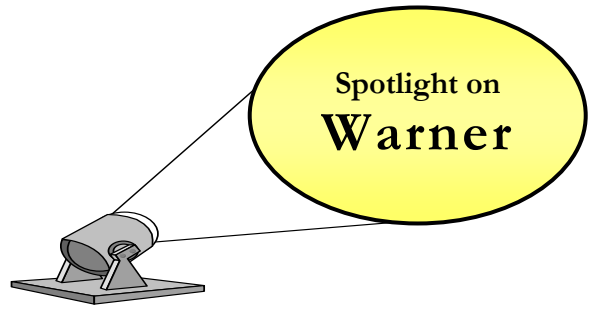
Student may play with another student or pair of students. Each player/team selects a square, covers it with a "marker," and performs the physical activity named in the selected square.

This activity could be used as a part of a station rotation or as a whole-class activity. Mary Torian is available to provide an in-class demonstration of this activity!

Cardio Tic Tac Toe

Step up and down off a step or bench 50 X	Run up and down the gym 4 X	Jump rope 100 X
Defensive position Slide across the gym sideways 6 X	Standing tuck jumps w/ knees to chest 15 X	Power walk around the perimeter of the gym 2 laps
Skip backwards around the perimeter of the gym 1 lap	Sit on a scooter-use your feet to "run" around the gym 1 lap	March around the gym 2 laps. Do arm circles while you march

Play five rounds of cardio tic-tac-toe. The person who wins the best of five games wins.



**W**arner Elementary completed their first Jump Rope for Heart event on April 17-18, 2008. Prior to the event, the students at Warner worked hard to e-mail their friends and family and to network with neighbors to raise money for the American Heart Association.

Warner's original goal was to reach \$10,000. By the end of the day on April 18<sup>th</sup>, the P.E. teachers discovered that they had surpassed the goal by \$8,000 bringing the amount to over \$18,000. Due to the overwhelming support for the American Heart Association from the Warner family, the P.E. teachers decided to increase their original goal from \$10,000 to \$20,000. A five-day schedule was set to meet the revised goal. The students scurried home and frantically began looking under couches, emptying piggy banks, and calling the last few people they had missed to reach the new goal. Each day, the P.E. teachers informed the students of the amount needed to reach the \$20,000 mark. On the morning of the 25th of April, final donations were calculated, and the grand total was \$20,295. This amount placed Warner Elementary as the Top Fundraiser for New Schools in the State of Texas for the American Heart Association as well as the Top Fundraiser for the Cypress-Fairbanks District. We are so proud of the efforts of all of the Warner students, staff, and physical education/health teachers! The P.E. teachers at Warner proved their dedication to saving lives and hope to surpass this goal next year.

*Many of our schools are diligent in their support of the American Heart Association and American Diabetes Association. The efforts of every campus are appreciated. Next year, we will select a different campus to spotlight.*

**Sessions for earning TE credit for the January 5th District TE day will be held on:**

**June 4, 2008**

**August 6, 2008**

**November 8, 2008 (Saturday)**

**The course will be SuperCyclists Training, and every teacher wanting to receive TE credit for January 5, 2009, must attend one of these sessions.**