

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

January, 2008

Loretta Bourn – Music/P.E./Health Coordinator
Mary Torian – Helping Teacher

UPCOMING MEETINGS

Human Growth & Development (Training for “NEW” Presenters)

Class Code 3641

January 9, 2008

Berry Center

4:30 – 5:30 p.m.

H.O.P.E. Meeting

Class Code 254

January 16, 2008

Owens Elementary Gym

Activities from TAHPERD Winter Conference

4:30 – 6:30 p.m.

CPR/AED Class

Class Code 3972

January 10, 2008

Berry Center, Room B

4:30 - 7:30 p.m.

Instructor: Beverly Bulas

iTunes and Elementary PE

Class Code TBA

January 22, 2008

Kirk Elementary Gym

4:30 - 5:30 p.m.

Instructor: Julie Elder

H.O.P.E. Meeting

Class Code 255

February 26, 2008

Owens Elementary Gym

Activities/Strategies for Primary Grades

4:30 – 6:30 p.m.

PE TEKS/TAKS

February 28, 2009

Berry Center

TBA

H.O.P.E. Meeting

Class Code 256

April 16, 2008

Owens Elementary Gym

Topic TBA

4:30 – 6:30 p.m.

PHYSICAL EDUCATION AND SENATE BILLS - UPDATE

Legislation from the 2007 Legislative Session had an impact on elementary physical education.

SB 530:

Fitness testing is now a state-mandated requirement for students in grades 3 through 12. *Fitnessgram 8* is the tool selected for use by the state. Fortunately, CFISD is experienced with the testing protocols and software program. TEA will collect the data in May, 2008.

SB 7:

CPR/AED training is required for all physical education teachers as well as a variety of other school personnel.

PEP GRANT

Final Year of Implementation!

By now, all schools that had not received the additional computer in Year 1 or Year 2 of the PEP Grant should have received the PEP Grant computer. Please be diligent to label this “extra” computer with a sign to identify it as a “PEP Grant” computer.

The schools that were due to receive specific pieces of equipment during Year 3 of the PEP Grant generously agreed to forego those items in order to allow the elementary physical education department to purchase two *Dance Dance Revolution* systems. These will be available for check-out after teachers attend a training session. Of course, the schools that agreed to the plan for purchase of the DDR systems will have first option to use the equipment on a two-week rotation system.



Family Fitness Nights and Special Events

Thank you for having the wonderful family fitness events that help pe teachers connect with the school community while promoting health and fitness! Recently, I attended a kindergarten Family Fitness Night at Lee Elementary. It was their first Family Fitness Night, and it was an hour of fitness fun!

Please remember to send information on dates, times, and participation numbers (approximate) to Mary Torian. The information is used in the PEP Grant report.

Welcome New PE/Health Teachers!

Please welcome these new teachers to the CFISD elementary physical education/health department:

Shannon Arey	Warner Elementary
Spencer Barfuss	Warner Elementary
Janie Brooks	Fiest Elementary
Lindsey Craig	Gleason Elementary
Lidia Espinoza	Danish Elementary
Jessica Fanucchi	Black Elementary
Sarah Godinich	Keith Elementary
Lindsay Golemen	Holbrook Elementary
Lindsey Gray	Warner Elementary
Paul Kessler	McFee Elementary
Jon Kram	Farney Elementary
Kori Neven	Ault Elementary
Sharon Rogers	McFee Elementary
Cherie Ward	Duryea Elementary

CATCH CHAMPION – ONE OF OUR OWN!

Amy Lippincott received a CATCH CHAMPION award at a presentation held at Fisherman's Wharf in Galveston on November 28, 2007. The event was held during the recent TAHPERD conference. Amy exhibits the qualities and characteristics valued by the CATCH organization. CFISD is fortunate to have physical education/health teachers who are committed to excellence in education and instruction. Amy Lippincott is one of our very own Cy-Fair champions!



The photo shows Amy receiving her CATCH Champion 2007 award from CATCH representative, Jim DeLine

In the News

(From the "Trust for America's Health" Report)

The *F as in Fat* report contains rankings of state obesity rates and a review of federal and state government policies aimed at reducing or preventing obesity.

Key Findings from *F as in Fat* 2007

- 27.4 percent of adults in Texas report that they do not engage in any physical activity. The national average is 22 percent.
- Texas is one of 17 states that require their school lunches, breakfasts, and snacks to meet higher nutritional standards than the U.S. Department of Agriculture (USDA) requires.
- Texas is one of 22 states that have set nutritional standards for foods sold in vending machines, a la carte, in school stores, or in bake sales in schools, and the state is one of 26 states that limit when and where these foods may be sold on school property beyond federal requirements.
- Texas is not one of 16 states that screen students' body mass index (BMI) or fitness status and

confidentially provide information to parents or guardians.

(This report was based on information from 2007—prior to Texas legislation mandating fitness testing for students.)

Source:

<http://healthyamericans.org/reports/obesity2007/release.php?StateID=TX>

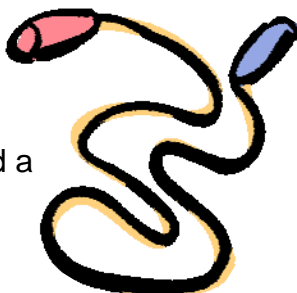
Activity Ideas

Short Shot Overload can be used at any grade or ability level by tailoring the selected activities to reflect a unit of study you may be working on in class. This is a great instant activity for when you are short on time but would still like to fit in some strength work before moving on to your lesson focus.

The sequence is anchored by a cardio activity of your choice. Students alternate the cardio activity with a strength activity that they perform to tolerance, which means the student performs as many as possible until s/he cannot do any more. This individualizes the challenge for each student, and is an exercise strategy that students can use in any setting at home or at a gym.

Post the exercises on a dry erase board, poster, or projected on the wall. Students can enter the gym and begin working at their own pace and continue until they complete the circuit. You can choose to overload a particular muscle group or select a mixture of muscle groups for the strength exercises.

Short Shot Overload Elementary Level
Jump rope 25 jumps
Curl ups to tolerance
Jump rope 25 jumps
Modified push-ups to tolerance
Jump rope 25 jumps
Tricep dips on a bench
Jump rope 25 jumps
Seat drops to a chair
Jump rope 25 jumps



Energy Release Activity (ERA)

Midline Balls: For this great cross-lateral activity, use a tennis ball or small foam tennis trainer, one per child.

Stand with feet shoulder-width apart, bounce the ball to the floor and catch with the opposite hand, waist high. Bounce with the hand that caught it, alternating sides. Students must track the ball and anticipate it in order to catch successfully.

For students with difficulty tracking, position them facing a wall, so that missed balls do not roll too far away if missed.

The activity can be modified by kneeling in front of a blank wall and rolling it to the wall, scooping it up with the opposite hand when it returns. Roll it to the wall with the hand that caught it and continue, alternating sides. Students can also perform this by throwing, both as a seated or standing activity, throwing the ball barely over the head and catching with the opposite hand, and reversing. Student must remain focused and centered in order to ensure success. This is a great activity to foster concentration and focus.

Source: NASPE Teacher Tool box

http://www.aahperd.org/naspe/template.cfm?template=teacher_toolbox_dec07.html



Fitnessgram Update

Important Changes for Spring Testing:

- Mary will create new “CLASS NAMES” for schools not currently grouping by grade level. We need all students listed in classes by grade level (K, 1, 2, 3, 4, and 5) and not by homeroom teachers, etc.
- Mary will create the test name for the spring test for all schools. We need the test name to be uniform.
- Fall information will be eliminated by February 10, 2008. If you want your school data/reports, print them prior to that date.
- Deadline for spring *Fitnessgram* data entry: APRIL 18, 2008. This is a **FIRM DATE** due to new state mandated reporting requirements.
- **Test Components**
 - Kinder and First Grade-**
 - Mile Run or Pacer
 - Shoulder Stretch
 - Height and Weight
 - Second through Fifth Grade-**
 - Mile Run or Pacer
 - Shoulder Stretch or Sit and Reach
 - Push-Up or Flexed Arm Hang or Pull-Up or Modified Pull-Up
 - Curl-Up
 - Trunk Lift
 - Height and Weight

Do not enter any new data until after February 1, 2008. A group email will be sent as notification as soon as the new classes and test name are entered.

Rationale: We are having difficulty creating district reports. The changes are being made to try to keep the database as uniform and “clean” as possible in order to increase the probability of accurate reports and to reduce system errors.

Contact Loretta Bourn or Mary Torian with any questions related to *Fitnessgram*.