

# CFISD

# Elementary Physical Education Newsletter



Fall Semester  
2011 - 2012

## CAMPUS EVENTS

During the first semester of the 2011 – 2012 school year, campuses had a variety of physical education events including field days and family fitness evenings.

On October 5, 2011, Andre' Elementary kindergarten, first, and second grade students enjoyed an assembly called *Toro's Training Table* presented by the Houston Texans' mascot, TORO! The presentation was engaging and educational as the students learned about nutrition and healthy lifestyle components.

The picture shows Laura Jungkurth and Michael Tryon II posing with Toro after the assembly.





## INTERNET SITES

[www.aahperd.org](http://www.aahperd.org)

Please take time to explore the AAHPERD site. Link to the “Let’s Move” site to access a vast supply of information. The “Activity Breaks” for each month are designed for classroom activity breaks, but could be adapted for use as warm-up activities. It appears that a different set of energizers is posted each month!

Follow the steps below to reach the information. Explore other components while you are there.



American Alliance for  
Health, Physical Education,  
Recreation and Dance

Click on the link  
To "LET'S  
MOVE."



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Healthy Kids =  
Active Learning



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Sign Up Now!

ANNOUNCEMENTS

UPCOMING EVENTS



# LET'S MOVE in School

[www.LetsMoveInSchool.org](http://www.LetsMoveInSchool.org)

Scroll down to see the section below.



[AAHPERD Home](#) > Let's Move in School

- About
- Tools
- Events
- Partners
- News

## Improving Health and Academic Performance



### What's New

Join the MOVEMENT! Ensure that your school provides quality [school physical activity program](#) with quality physical education, knowledge, skills, and confidence to be physically active. [school physical activity program](#) youth needs

Click on "Physical Education Teacher Online Toolkits."

[Register](#) now to support Let's Move in School and [register](#) about this important initiative.

### New Tools that You Can Use

- [Physical Education Teacher Online Toolkits](#)
- [Free Webinar Series](#)



Join First Lady Michelle Obama on October 11-12 to break the Guinness World Record for the most people doing jumping jacks.

Find out how you can participate



# Let's Move in School: Physical Education Teacher Toolkit

Schools are powerful places for cultivating physically active, friendly environments which will help in affecting academic performance and ensure children's success and well-being. No group of individuals has more potential to increase physical activity among students and staff in schools than physical education teachers. That is why the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) has created the Let's Move in School Physical Education Teacher Toolkit just for you.

This free online toolkit will provide you with easy-to-use resources and activities every month that will help you educate your administrators, school board members, parents and colleagues about the importance of a comprehensive school physical activity program with physical education as its foundation. Every month you will find:

- [A single focused theme with tips and resources](#)
- [Physical activity break ideas](#)
- [A communication to parents](#)
- [News about upcoming webinars](#)

Click here for activity breaks.



Looking Ahead

November Coming Soon

Still Available

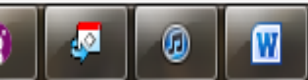
August Toolkit

Sponsored by:



Past months' activity breaks may be accessed here.

Share this toolkit with other physical education teachers and together we can create a world where all children and youth are getting a minimum of 60 minutes of physical activity every day.



# www.choosemyplate.gov

With the announcement of the new “My Plate” nutrition guidelines in June 2011, a new website was designed as an educational component for consumers.



One section features “10 Tips...” on a Variety of topics.

See the next slide for more information.

**10 tips**  
Nutrition Education Series

**choose MyPlate**  
10 tips to a great plate

ChooseMyPlate.gov

**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**  
Use the ideas in this list to *balance your calories*, to choose foods to eat *more often*, and to cut back on foods to eat *less often*.

- 1 balance calories**  
Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.
- 2 enjoy your food, but eat less**  
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.
- 3 avoid oversized portions**  
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.
- 4 foods to eat more often**  
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.
- 5 make half your plate fruits and vegetables**  
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
- 6 switch to fat-free or low-fat (1%) milk**  
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- 7 make half your grains whole grains**  
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- 8 foods to eat less often**  
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.
- 9 compare sodium in foods**  
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”
- 10 drink water instead of sugary drinks**  
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

USDA Center for Nutrition Policy and Promotion  
Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

EG TipSheet No. 1  
June 2011  
OSDA is an equal opportunity provider and employer.

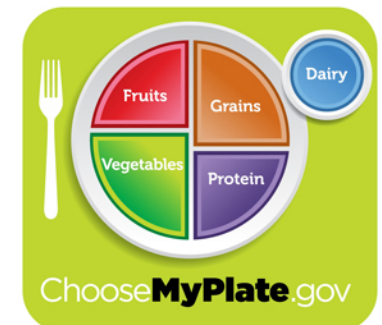
# 10 tips

The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

- Choose MyPlate
- Add More Vegetables to Your Day
- Focus on Fruits
- Make Half Your Grains Whole
- Got Your Dairy Today?
- With Protein Foods, Variety Is Key
- Build a Healthy Meal
- Healthy Eating for Vegetarians
- Smart Shopping for Veggies and Fruits
- Liven up Your Meals With Vegetables and Fruits
- Kid-Friendly Veggies and Fruits
- Be a Healthy Role Model for Children
- Cut Back on Your Kid's Sweet Treats
- Salt and Sodium

At the website, each bulleted item links to a page of “10 Tips.” Most of the tips can be used as teaching points for mini-nutrition Lessons for elementary students.



# Reminders and Announcements

- If you have not done so, please submit your school's CSHAC/CATCH plan as soon as possible.
- Watch for more information about an upcoming sharing session to be held at Black Elementary. This will be an opportunity to share favorite ideas for MVPA, field day activities, dances, and more.



# TAHPERD Winter Conference



Several teachers and I recently attended the TAHPERD conference in Dallas. Several great activities were shared.

Be sure to attend the January H.O.P.E. session to learn some of the activities shared at TAHPERD.

If you attended, please consider sharing one or two of your TAHPERD favorites in January.

# PE Teacher/PE Para Model

Stay tuned for information on a staff development session for all pe teachers and pe paraprofessionals at schools utilizing the pe teacher/pe para model. The session will be offered in February 2012.



Twelve campuses currently are using the model while two additional campuses will be added during the second semester.

# Student Success

Hopefully, physical education teachers are purposefully integrating core academic content with physical education skills and content. There are additional ways the physical education department can contribute to student success. Although campuses will not receive a state rating for the 2011 – 2012 school year (due to the transition to the STAAR assessment), campuses will receive a rating related to Academic Yearly Progress (AYP) which is a federal requirement. The goal of each campus is to achieve the AYP measures. Last year's measures for successful achievement for AYP were the following:

- \*Reading/English Language Arts – **80%** of students counted as proficient
- \*Mathematics: **75%** of students counted as proficient

For the 2011 – 2012 school year, the new standards are:

- \*Reading/English Language Arts – **87%**
- \*Mathematics – **83%**

Certainly, these new standards increase the need for the entire campus to play a role in helping students achieve success. (The standards are set to continue increasing until they reach 100% for the 2013 – 2014 school year!)

*(continued on next slide)*





Have a great  
second semester  
of the  
2011 – 2012  
school year!