

# The SAW

## Summit Elementary PE and Health News

### Sport stacking benefits?

Sport stacking helps students develop bilateral proficiency, equal performance on both sides of the body. Increasing this bilateral proficiency, a student develops a greater percentage of the right side of the brain, which houses awareness, focus, creativity and rhythm. Stacking helps train the brain for sports and other activities where the use of both hands is important, such as playing a musical instrument or using the computer. Sequencing and patterning are also elements of sport stacking, which can help with reading and math skills.



### Did you know....

The American Academy of Pediatrics recommends limiting a child's use of TV, movies, video and computer games to no more than one or two hours a day. Too much screen time has been linked to:

- \*Poor academic
- \*performance obesity
- \*irregular sleep
- \*behavior problems
- \*violence.



**This month students will be participating in cup stacking and hockey. 2nd-5th grade will also be continuing fitness testing with the pacer and push-up test!**

Cup stacking is a fairly new sport that has helped students with hand eye coordination, as well as using the non-dominant hand! Hockey can be difficult to learn. So to make the stick an extension of our arms, we will first learn to use the stick in other ways; it will be a dog on a leash, a rowing oar and a car on the street for K-1. 2nd-5th will learn to move a hockey stick effectively before we put a puck in the game. By 2nd grade students are ready to play some modified hockey and start to learn some rules, gameplay and strategy. For 2nd-5th fitness testing the muscular strength and endurance test is a pushup test. We have taken the pre-test and are now working on exercises that should increase the strength and endurance of the muscles it takes to do pushups. You can help by encouraging your child to practice push-ups at home. The purpose of the testing is not to get high numbers of pushups, but to improve on our strength and learn the importance of a healthy body.

### GET OUTDOORS:

Winter has arrived! We have ice on our ponds and snow on the mountain. This is a great time to begin thinking about what outdoor activities you can learn and continue throughout the cold months. Layer up properly and the temperatures won't phase you; keep your heart-rate up and your body will remain warm. Snowshoeing, cross country skiing, sledding, ice fishing, rabbit hunting and ice skating are all active fun hobbies the whole family.

*How can we improve our program? Mr. Holden would love to hear from you! Please email comments and suggestions to [erik\\_holden@natronaschools.org](mailto:erik_holden@natronaschools.org)*

### Hockey Facts

- \* The first puck was square, not round.
- \* Originally, games were played with 9 players on a side.
- \* A puck is 3 inches in diameter, and 1 inch thick.
- \* A puck can move at speeds of more than 100 MPH.
- \* Goaltender's skates have longer, flat blades for better stability.
- \* Hockey became an Olympic event in 1920.
- \* The name hockey comes from the French word "hoquet," which is a shepherd's crook.

