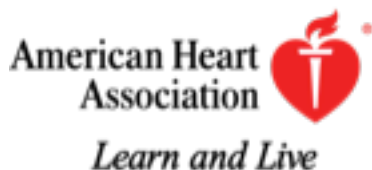


The SAW

Summit Elementary PE and Health News



This month, Summit students will jump into the fight against heart disease and stroke by participating in Jump Rope for Heart.

We share a common goal with the American Heart Association, **Children's Health**, and together we are working to improve the lives and future of our children. With our

support of the Jump Rope for Heart program, your student will learn about cardiovascular diseases and prevention. They will also be able to make better choices to safeguard their health; and by raising funds for research and programs, they will help us all live longer, healthier lives.

Raising funds online is a fun and safe way to participate! If our school has 30 participants register and send 10 emails, we will earn a bonus certificate for PE equipment! Friends and family also appreciate the automatic donor receipt, and it will save both you and me lots of time! I encourage parents to follow the 6 steps on the attachment page of the donation packet and create a webpage for your student. (Please note that students are not required to use online fundraising.)

It is a personal choice of every family to participate in this charitable giving opportunity by collecting donations; all students are invited to participate in the Jump Rope for Heart activities. Please do not allow your child to go door-to-door. Also, remember to write your child's name on the donation envelope, and it is best convert all cash donations to a check or online donation.

All donations are due February 15th, 2012.

TABLE TALK

Did you know studies show that families who eat dinner together benefit in a variety of ways. Eating together helps families achieve better communication and build stronger relationships, children do better in school, and the entire family enjoys better nutrition.

Start the conversation at the dinner table each night with a "Did you know?"

- Did you know** your heart weighs about as much as a sneaker?
- Did you know** you burn more calories sleeping than watching TV?
- Did you know** the world record for 30 seconds speed jumping is 188 jumps?
- Did you know** the heart of a blue whale is as big as a small car?
- Did you know** there are 25 trillion red blood cells in your body?
- Did you know** 10 minutes of jumping rope is equal to 30 minutes of running at a 5.7 mph pace?
- Did you know** a can of cola has 35g of sugar? Water has 0g.
- Did you know** your heart beats about 100,000 times in one day and about 35 million times in one year?
- Did you know** a python's hearts grow bigger at mealtimes?
- Did you know** that carrots can help you see in the dark? They are high in Vitamin A, which is known to prevent "night blindness."
- Did you know** every 33 seconds someone in the United States dies of heart disease?
- Did you know** in fifteen minutes jumpers can burn the calories in a candy bar (or 200 calories)?
- Did you know** it takes less than 60 seconds to pump blood to every cell in your body?
- Did you know** octopuses have three hearts?
- Did you know** most heart attacks occur between the hours of 8 and 9 AM?
- Did you know** blood makes up one-third of the body's weight?
- Did you know** for every hour you exercise you gain two hours of life expectancy?

Check out the activity calendar on the back of this sheet for fun activities to get your body moving every day this month!

How can we improve our program? Mr. Holden would love to hear from you! Please email comments and suggestions to erik_holden@natronaschools.org





February 2012



Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>Go to your local park or school and play on the playground equipment</p>	<p>6</p> <p><u>Wall Pushups</u></p> <p>Do some pushups against a wall to build strong upper body muscles.</p>	<p>7</p> <p><u>Juggling</u></p> <p>Practice Juggling w/ a sock or soft balls. Use at least two. Can you juggle three?</p>	<p>1</p> <p><u>Line Jumps</u></p> <p>Stand in front of a line; jump forward and backward 50 times. Go side to side 50 times. Phew!</p>	<p>2</p> <p><u>How Fast Can You Go?</u></p> <p>Have a running race with 5 different friends today.</p>	<p>3</p> <p><u>Skill Practice</u></p> <p>Dribble any ball 100 times with your dominant hand. Switch and do 100 with your non-dominant hand.</p>	<p>4</p> <p><u>Snow?</u></p> <p>Get outside and help your family shovel snow. Dress warm!</p>
<p>12</p> <p>Make a hopscotch court and play with your family</p>	<p>13</p> <p><u>Jump Rope</u></p> <p>Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>14</p> <p>Gather your friends and play a few games capture the flag</p>	<p>15</p> <p>Create a new game with a friend today using a ball and a paddle. Teach this game to other friends.</p>	<p>16</p> <p><u>Biceps Curls</u></p> <p>Stand on a therapand and do biceps curls with the loose ends to make your arms strong.</p>	<p>17</p> <p><u>Fine Motor Mania</u></p> <p>Try and put together a big puzzle with your friends.</p>	<p>18</p> <p><u>Step Jumps</u></p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>19</p> <p><u>Family Adventure</u></p> <p>Go for a walk with your family on a trail you've never traveled before.</p>	<p>20</p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>21</p> <p><u>Human Arch</u></p> <p>Lie on your back, place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p>22</p> <p><u>Make Your Own Stilts</u></p> <p>Strap tin cans to the bottom of your feet and see if you can walk without falling.</p>	<p>23</p> <p><u>Inchworms</u></p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>	<p>24</p> <p><u>Tuck Jumps</u></p> <p>Jump as high as you can and tuck your knees up to your chest. Do this as fast as you can for 15 jumps.</p>	<p>25</p> <p>Write down all of the active words you can think of. When you're finished go act them out!</p>
<p>26</p> <p>Use a beach ball to strike upwards and keep in the air. Gather the whole family and play.</p>	<p>27</p> <p><u>Wall Ball</u></p> <p>Get a partner, a ball and 2 rackets. Alternate hitting a ball against and letting it bounce only once.</p>	<p>28</p> <p>Practice Walking at Different Paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>	<p>29</p> <p>Use playdough to create a sculpture of your favorite athlete.</p>			

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