

The SAW

Summit Elementary PE and Health News



Lifetime sports such as golf and archery are important to learn at a young age. If we wish to stay active into our later years we should learn to love the type of activities that are low impact and offer different levels of intensity.



Did you know...

We are starting our nutrition unit you and you may hear your child make comments about the foods you are eating.



For more information on healthy eating habits visit the USDA website at: www.choosemyplate.gov

This month Kindergarten through Second grade will be learning golf and etiquette through the First Tee program.

The First Tee program was designed to give all youth an opportunity to experience the sport of golf in a school setting. The program not only focuses on the skills necessary to play the game, but etiquette and life skills that go beyond the course.

This past month second through fifth grade learned archery through the NASP archery program.



Designed to teach International style target archery in physical education class; core content covers archery history, safety, technique, equipment, mental concentration, core strengthening physical fitness and self-improvement. Students shoot at 80 cm bulls-eye targets placed before an arrow curtain in the gym. Equipment used is state-of-the art and designed to fit every student. All fourth and fifth grade students may also participate in a before school archery program Mondays and Wednesdays starting after Spring break.

GET OUTDOORS:

We are having another good year for snow in Natrona County! There are great opportunities right here on our own Casper Mountain for fun in the snow. If you would like a great experience in snow shoeing, cross country skiing or alpine skiing and snowboarding, this is a great year to get started. There are even opportunities for night skiing! For equipment rentals, check out Ragged Edge Sports in the Sunrise Shopping Center or Mountain sports downtown.

If you would like to learn more about health, what we are learning in class or to spend time in the gym contact Mr. Holden at erik.holden@natronaschools.org.



March 2012

Elementary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 <u>Locomotor Tag</u> Play tag and each round use a different locomotor movement such as skipping, galloping, sliding, running and walking.	5 Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways?	6 Practice balancing on one foot on a step chair or low timber. Use your balance helpers!	7	8 Go to the school or neighborhood playground and have some free play for at least an hour?	9 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	10 See how fast you can run one mile. Have a family member time you!
11 <u>Juggling</u> Practice juggling with plastic grocery bags. Toss, Toss, Catch, Catch.	12	13 Practice walking on your hands out in the grass.	14 Ride a bike for at least an hour. Don't have a bike? Go for a walk/jog! Or do bicycle crunches.	15 Hold Yoga's warrior one pose for one minute. It's a lunge position with both arms extended straight up in the air.	16 <u>Grass-Cutters</u> Practice running backwards. Stay low, and stay on the balls of your feet.	17 Try and sprint from one end of your street to the other. Have a family member time you.
18	19 Hold Yoga's Warrior 3 Pose. Balance on one foot and make your body look like a table. One leg straight back and both arms stretched straight out front.	20 Do walking toe touches to stretch out your hamstrings. Keep your legs straight and touch your toe with the opposite hand.	21 Practice riding a skateboard, wave board, or scooter for at least an hour. Wear a helmet!	22 Try doing pull-ups on the monkey bars.	23 Practice catching a bouncy ball in a plastic cup 100 times. Throw it way up in the air and catch it in the cup when it comes down.	24 Go for a walk with a grandparent or adult relative who takes care of you.
25	26	27	28 Place a shoe string on the ground and jump side to side over it for 50 times. Then face the string and jump forward and backward 50 times.	29 Put on some music and dance to the beat. Dance to a few different songs until you've danced fast, medium and slow paced.	30 Pretend your feet are glued to the ground. Stretch way up high towards the sky and way down low to your toes. Stretch to both sides too.	31 Make a list of all the things a person can do w/ a ball. Now go and practice them!

Duplicated with permission from the National Association for Sport and Physical Education (NASPE). For information on quality physical education visit:
<http://www.aahperd.org/naspe/publications/teaching-tools/key-points-of-QPE.cfm>