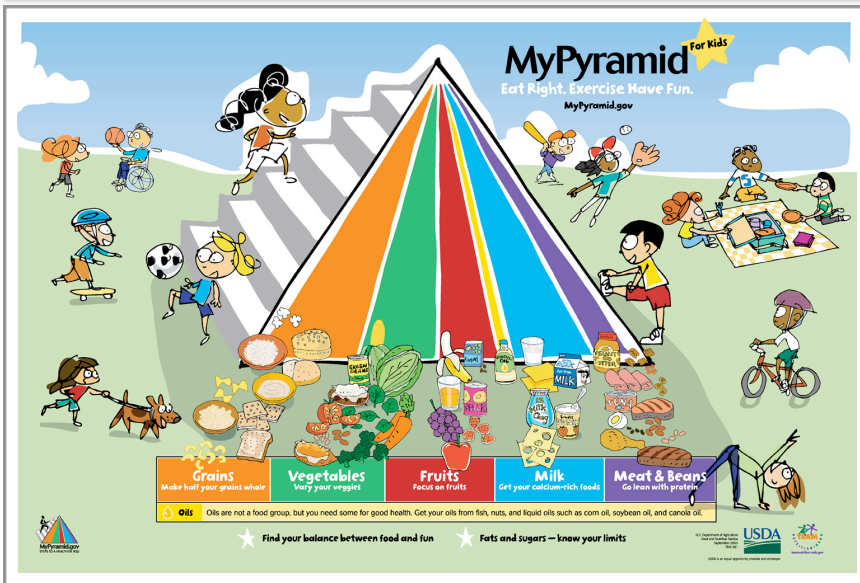


# The SAW

## Summit Elementary PE and Health News



### Physical Education in Schools



The food guide pyramid is the best way for adults and children to eat a balanced and healthy diet. Go to [www.mypyramid.gov](http://www.mypyramid.gov) and choose 'get a personalized plan'.

Nearly 10 million children and adolescents in the United States ages 6–19 are considered overweight. Over the last three decades the prevalence of overweight in adolescents has

quadrupled from 4 percent in 1971-74 to 17 percent in 2003-06. One important way to prevent obesity is to increase physical activity. Schools can play a critical role in increasing physical activity by offering quality, daily physical education and other opportunities to recreate. Physical education not only gives children an opportunity to be active but it teaches them the skills they need to be active throughout their lifetime. Thus, investing in quality physical education in all schools for all grades is a logical and important step toward improving the health of the next generation.

resource: [americanheartassociation.org](http://americanheartassociation.org)



Did you know....

Childhood obesity has more than tripled in the past 30 years?

School-age kids are in front of a media screen as much as 7 1/2 hours each day?

WHAT DOES YOUR CHILD DO IN PE? We learn about movement, fitness, and health, but we also DO a lot every class period... Like:

- jogging
- push ups
- sit ups
- games that involve running
- jumping jacks
- synergize
- dynamic warm ups
- stretching
- dance
- fitness testing (pacer)

LEARN TO MOVE, MOVE TO LEARN, GET OUTDOORS!

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