Welcome Back!

By: Mr. Benco and Mr. Lee

The Physical Education Department would like to welcome back ALL students to our school. We are excited and eager begin the implementation of Kagan Cooperative Learning Structures to our physical education classroom.

This year in elementary physical education we plan on using Kagan Structures to produce revolutionary positive results. Teachers, schools, and districts now use Kagan Structures to increase academic achievement, improve ethnic relations, enhance self-esteem, create a more harmonious classroom climate, reduce discipline problems, and develop students’ social skills and character virtues.

When students are engaged, they pay attention, they’re motivated, they learn more, and the learning sticks. The biggest difference between the Kagan approach and teaching using traditional methods is the ability to engage every student. Traditional classroom teaching captures the minds and attention of some students, but not all. Good teachers engage more students. But even the best teachers who use traditional instruction don’t require every student to participate. With traditional instruction, there is always a subset of students who fall through the cracks. We’re all too familiar with the results: a widening gap between high achievers and low achievers.

Kagan Structures engage every student. In the traditional classroom, the teacher is the hardest working person. At Kagan, they think that’s backwards. Students need to work at least as hard! The more they interact with their peers and with the curriculum, the more they’ll learn. Kagan Structures require every student to participate frequently and approximately equally. Kagan Structures close the achievement gap by creating dramatic gains for struggling students. But the gains are not bought at the expense of high achievers; they too are engaged in a richer, more interactive learning environment. As brain-research is proving, meaningful engagement is just a better way to reach and teach all students.

We are excited to implement a wide variety of research based Kagan strategies to our movement based classroom.

We are a grant recipient!

As part of our First Lady’s let’s Move initiative, our Physical Education Department has applied for and received a grant from the Active Schools Acceleration Project during the summer of 2013.

Read the second page of this newsletter to find out how this grant will impact our students in their classrooms.
Physical Education Curriculum
by Mr. Benco and Mr. Lee

The following paragraphs were gathered directly from the parent resource guides for curriculum 2.0. They are the concepts and skills taught for the first marking period for elementary physical education in Montgomery County Public Schools. Please take a moment to discuss what learning experiences your child has been given on their PE day.

Kindergarten

Personal and Social Responsibility: Routines and personal responsibilities and start/stop signals

Movement Skills and Concepts: Spatial awareness (general, self), Locomotor skills (walk, run, hop, jump, gallop), Non-locomotor skills (bend, twist, curl, stretch), Effects of exercise (heart, lungs)

First grade

Movement Skills and Concepts: Locomotor skills (hop, jump, slide, gallop, and skip); levels (low, medium, high); directions (forward, backwards, sideways).

Personal and Social Responsibility: Spatial awareness (general, self); rules, routines.

Second grade

Movement Skills and Concepts: Travel while changing locomotor skills, directions, and pathways; relationships with others (lead, follow, mirror, match, meet, part).

Personal and Social Responsibility: Rules and safety (safe, fun, fair, and inclusive).

Third grade

Health-Enhancing Physical Fitness and Activity: Health-related fitness components; calculate heart rate.

Movement Skills and Concepts: Dribble with hands; dribble with feet (pathways and directions).

Fourth Grade

• Movement Skills and Concepts: Passing with hands; passing with feet to a moving partner.

Fifth Grade

Movement Skills and Concepts: Shoot with hands; shoot with feet.

Health-Enhancing Physical Fitness and Activity: Identify activities that enhance the health-related fitness components; identify the phases of an aerobic workout (warm-up, aerobic, and cool down phases); explain the difference between muscular strength and muscular endurance; analyze fitness information and identify flexibility exercises to achieve fitness goals.

DID YOU KNOW????

Mr. Benco served as a member of the Montgomery County Public Schools Curriculum Writing Team for Elementary Physical Education and earned his Master’s Degree in Curriculum and Instruction from the University of Maryland

A Gibbs “foot” note…….

by Mr. Benco

Students should wear sneakers to PE class for a variety of reasons. Wearing the appropriate footwear helps to prevent injury of self and others. It also helps to reduce the chance of blisters forming on the feet of an active child, and it will help your child have an opportunity to score higher on their standards based observational assessments in class.

Some parents and staff members have recently asked me about what are the best types of shoes to wear when exercising. This question depends on what types of exercises one will be participating in during their workout.

A variety of sport shoes are on the market for every type of exercise. Running shoes that have inbuilt shock absorbers are available for joggers, and lightweight walking shoes are available for walkers. Aerobic shoes are lightweight and shock absorbing to prevent foot fatigue and to cushion the ball of the foot, which is put under pressure from aerobic exercise. Tennis shoes have flexible soles to protect your feet from the quick side-to-side movements of tennis. Thick-soled, high top basketball shoes provide extra protection against ankle and foot injuries caused by jumping. Cross-training shoes are suitable if you perform a number of sport or exercise types in your workout.
2012 ASAP Grant Recipient Video

Check out what Red Hawk Elementary School used the 2012 grant for last year by using the link below.

http://www.activeschoolsasap.org/featured-schools/red-hawk-elementary-schools

Family Fitness Night is BACK!
Stay tuned to Just Between Friends for an announcement regarding the annual 2013-2014 Family Fitness Night time/date. Everyone is invited!

FUN FIT-BITS

35
Every year your heart beats about 35 million times!

90%
The perimeter of the grocery store is where 90% of the healthy foods are located!

WANT A FREE CERTIFICATE?

During your next PE class, tell Mr. Benco what article you liked the best in this newsletter and you will receive a customized free certificate that you can hang up and display at home!

GO FOR IT!
You can do it!

ASAP Grant
by Mr. Benco

This past summer, our Physical Education Department applied for and received a grant from the Active Schools Acceleration Project to boost movement time throughout the school day. We are the only elementary school in MCPS to receive the grant and we are confident that, as a result of this grant, our efforts will help our children achieve more in their grade level classrooms.

What is ASAP's Acceleration Grants Campaign?

ASAP’s Acceleration Grants campaign is empowering many schools across America to deploy one of the innovative program models uncovered via ASAP’s 2012 Physical Activity Innovation Competition. Grantee schools are receiving the programmatic materials, technical support, and a $1,000 financial kick-start to launch the program of their choice during the fall of the 2013/2014 school year. That’s $1 million to get America’s kids moving.

The White House Takes Notice
In 2009, a year after President Obama took office, First Lady Michelle Obama unveiled her signature campaign, Let’s Move!, a campaign designed to raise a healthier generation of American children. Since its inception, Let’s Move! has been instrumental in elevating the visibility of the childhood obesity epidemic. Her work with parents, schools, teachers, faith organizations, cities and communities has spurred unprecedented strides in addressing this critical national issue.

In February 2013, the First Lady re-ignited her campaign by turning her attention toward one actionable piece of the solution: boosting physical activity in America’s schools. This new effort, Let’s Move! Active Schools is a collaboration of ten organizations dedicated to making it simpler for schools to become active schools. ChildObesity180 is proud to be a founding partner of this initiative. As a grant maker, ASAP is playing an influential role in building a strong base of active schools in all 50 states.

William B. Gibbs Jr. Elementary will use the funding to provide ALL interested staff members a set of developmentally appropriate movement cards and corresponding video clips they can use at their discretion during transition time after a lesson. These may be used as an afternoon energizer or as a morning wake-up routine for a classroom. Either way, our kids will be moving MORE throughout their entire school day, not just in physical education. We are really excited about this and we hope to become a national model of wellness across our country for staff, students, and parents as a result of implementing this program.
Activities Children Can Do to Strengthen Their Heart Muscle

By Rosenya Faith

1. Playground Exercise

Some kids can't resist the sight of ladders, swings, climbers and slides, so bring your youngster to the local playground for a little cardio exercise. While you sit back and relax on the park bench, your child will be busy climbing stairs, sliding down slides and taking advantage of every other play structure at the park. Seek out a few different parks in your area to keep this activity fresh. There may be different pieces of equipment -- or at least a few color differences -- at each one. You can bring along a picnic basket of healthy snacks to help keep your child's energy up. Play a game of tag or hide-and-seek to get involved in his heart-healthy fun.

2. Indoor Activity

While your child might be happy to splash about in puddles while the rain pours down, if you'd prefer him to jump in drier conditions, use blankets, pillows, toys and the like to build an obstacle course in your house. Building the course will give your child a little bit of exercise and then he'll get a fuller workout by hopping, jumping, crawling and slithering through the course. You can turn on music and play a game of freeze dance inside or organize a little scavenger hunt or treasure hunt to get your child dashing from one find to the next. You can even work on a few chores together, such as taking laundry room to room, and sneak in a little heart-healthy exercise in the process.

3. Young Explorers

Venture outdoors and explore to help your child get a little workout. You can take your child on a brisk walk around the neighborhood, picking up pine cones, leaves and other nature finds for craft time later or race to a neighbor's house for a surprise visit. If you have a conservation area nearby, take your child on a nature walk or go for a hike in a nearby wooded area. To make the physical activity more engaging, bring along a camera and show your child how to take pictures of plants and wildlife.

4. Sporty Exercise

You can give your child an opportunity to develop new interests and learn about teamwork with a physical activity he can look forward to every week. Look for local sports offerings and sign him up for a season of baseball, soccer, football or basketball. In between practices and games, the new sport will encourage your child to get more heart-healthy exercise as he practices new skills and techniques. If your youngster isn't an enthusiast of these traditional sports, look for other team or individual sports that might catch his attention, such as tennis, volleyball, disc golf, swimming, martial arts, skiing or gymnastics.

Read more:
http://www.ehow.com/info_12277841_activities-children-can-strengthen-heart-muscles.html#ixzz2dJYACQPt

DID YOU KNOW...

When you're exercising, it takes your blood about ten seconds to get from your heart to your big toe and back. In fact, a kid's heart has to push blood through about 60,000 miles (96,560 kilometers) of blood vessels—that's long enough to circle the Earth two and a half times!