Did you know...!

The POSITIVE Impact of School-Based Physical Education and Physical Activity on Academic Performance

Centers for Disease Control and Prevention (CDC) Review of Research Findings

- 50 studies were reviewed
- A total of 251 associations between physical activity and academic performance were tested.
- More than half (50.5%) of all associations tested were positive.
- Only 4 (1.5%) of all associations tested were negative.

Full report of methods and results: www.cdc.gov/HeathyYouth

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<th>Types of Studies Reviewed</th>
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The Bottom Line
- Substantial evidence suggests that physical activity can be associated with improved academic achievement, including grades and standardized test scores.
- Increasing or maintaining time dedicated to physical education can help – and does not adversely affect – academic performance.

Please share this information with your school principal and staff!

Self Reflection Time:
- When’s the last time you checked your teaching practices. Go the web address below to reflect on your teaching practices. How many developmentally appropriate and inappropriate practices are you currently doing in your program? Make a checklist for yourself. Use that checklist to guide your request for support with me. http://www.aahperd.org/naspe/standards/nationalGuidelines/upload/Appropriate-Practices-grid.pdf

What’s in the Newsletters?
What would you like to see in the Physical Education Newsletter? Remember some newsletters will have hidden surprises that you may win some cool prizes!
Think you can and you will. Expect to have a great day everyday!

Your mental attitude determines your outcome!

"Negative people discount good things that happen by calling them lucky.

Winners refuse to see problems as bad things that happen, but instead as temporary set backs to learn from."

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**Elementary Classroom Management!**

Here are two activities you can do at the beginning of your class using respect and responsibility to Establish a Positive, Productive, Cooperative and Safe Learning Environment.

**Courtesy Tag (3rd grade Standards 5.3 & 5.6, 4th grade Standard 5.3, and 5th grade standard 5.5)**

In this activity the teacher will identify one tagger for every six students. Taggers should be clearly identified (i.e. they will each carry a large foam ball). Taggers are not allowed to throw the ball at others; they merely tag with it – gently. **Prior to starting, demo activity and remind students it is not Courteous to push someone when you tag.** Once tagged, student must kneel with one knee touching the ground. Taggers are trying to get everyone frozen in the kneeled position and fleers are trying to make sure that everyone is NOT frozen. Once someone is tagged, he/she can be rescued by a classmate.

The way you rescue someone is with a courtesy exchange involving a handshake and a conversation. An acceptable handshake means that you both maintain eye contact during the entire handshake. You also need to give a handshake that is strong and firm, but doesn’t hurt the person. High fives and low fives are not acceptable. **Teachers look for a strong and firm handshake.** The person who is kneeling must say “Thank you name.” The helper must say “You’re welcome name.” Both of you must maintain the handshake for the entire courtesy exchange. A tagger may not tag you when you are involved in the courtesy exchange (shaking hands). When you are finished with the courtesy exchange, you are free and you can go and try to free others who are frozen.

**Triangle Tag (4th grade Standard 5.6)**

For this activity, have students form groups of four or five and tuck flags or scarves in the back of their waistbands. Ask student form a circle by joining hands. One member of the group will then be asked to step outside the circle and assume the role of the chaser. A group member of the circle will be designated as the “target” that the chaser will attempt to tag.

On the teacher’s start signal, the chaser will try to tag the in the “target” by pulling his/her flag/scarf. The group will work together to try and protect the target. Taggers must attempt to go around the outside of the circle; they are not allowed to go inside the circle of underneath joined hands. When, or if, the tagger pulls the target’s flag, switch roles. Play for a designated amount of time.

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**Hidden prize this month is a $200 gift certificate to US Games to purchase equipment.** The first 2 people that find and answer the hidden question will receive a gift certificate.
Teaching Challenging Teenagers – Secondary Level!

The last two newsletters I have mentioned Power Teaching. Power Teaching activates the whole brain if used correctly. Several of you are using parts of Power Teaching, but to be most effective you should use all of the Power Teaching methods and see your students change. Below is a picture of the Brain on Power Teaching.

![Brain Diagram](https://example.com/brain_diagram.png)

To access more information on Power Teaching: what it entails, how to implement it, and how to teach it to your students can all be found at:

- A good place to learn about Power Teaching is [classroompower.com](http://classroompower.com)
- 100’s of pages of free downloads describing Power Teaching’s classroom management, reading and math strategies are available at: [http://homepage.mac.com/chrisbiffle/Menu38.html](http://homepage.mac.com/chrisbiffle/Menu38.html)
- If you are reading this then you have found the special place to receive a prize. The first two people to email me what is one thing you should do as a teacher with a winning attitude (featured in this month’s newsletter) you will a win a $200 gift certificate to US Games!
- More about the Power Teaching organization can be found at: [www.powerteachers.org](http://www.powerteachers.org)
- For more information, contact: Chris Biffle CBiffle@AOL.com
Common Planning Time Coming Soon!
We still have not received the official letter from SCTA and Superintendent Raymond, but it is coming. APEC has been developing CPT and Professional Development (PD) for physical education. As soon as we get the official letter from Superintendent Raymond we will rollout a calendar of CPT and PD opportunities. Please look for more info in your emails. CPT will take place on most 3rd Thursdays and for some schools on the 4th Thursday after the winter break. We will have 9 hours of PE-CPT and close to 10 hours of PE-PD.

District Bulletin Board
This month Devin Horne (Caroline Wenzel Elementary) sent in pictures from his PE classes. Shelly Kirkland (Fern Bacon Middle School) sent in pictures from her Guinness World Record Event. Thank you! I’m proud to be the vehicle to help you shine for all the hard work you do.

EPEC Curriculum –
**Elementary:** (Reminder from last newsletter) Follow the steps below to find the information that might make teaching EPEC easier for you.

1. On your computer click My Computer
2. Click (U:) UNIVERSAL
   a. Referred to as the U-drive
3. Click the Physical Education folder
   a. (Please do not add anything to this folder!)
4. Click Elementary EPEC curriculum
5. Click on the Grade level, month, day you are currently working on.

The folder has a block plan for every month broken down by weeks. Each lesson with all its parts are labeled for you on the folder, so you do not have to search for it in your box.

I am currently revamping these lessons to make it even easier for you. This is coming from a meeting with a great PE teacher in our district that helped me to find a better way to present this information to you.

**Secondary:** I am currently working on creating a unit plan for each of the books you were given. You will soon be able to find this on the (U:) drive as well.

Grants – “Find a need and fill-it.”
Many of the grants that have come across my desk have very short deadlines. In order to apply for these grants I need to know what your needs are (Equipment, attend specific conference, etc...), How you plan to use the equipment or information to improve student learning and how it is all tied into the standards. Once I have this information, I can use it to apply for grants on your behalf. We of course will work on it together, but I will at least have an idea of who is interested in certain grants instead spending the little time I have to write the grant trying to find a school that wants a particular grant. I want to help you fill your need!
Featured Physical Education Teacher(s)!
Each month I will feature one or more of you in this area! I will ask for your permission first and then request you send in a picture you would like to share with the rest of your colleagues.

This month’s feature is Paul Bowling from Clayton B. Wire Elementary.

Paul conducts a “Fitness run Wednesday’s” – Below is information from his flyer.

**What is it?**

**Run to improve your fitness!** Jogging and walking are ok too. Students, Teachers and Staff are welcome to come run, jog, or walk for 10 minutes.

**When is it? (Starts – September 21st)**

Wednesday – 2 Time slots available for everyone.
8:15am-8:25 - All Grades Welcome. Or
8:30-8:40 - All Grades welcome.

**Why?**

*Part of “Healthy Schools Program” Alliance for a Healthier Generation.
*Increase cardio-vascular fitness!
*Build healthy school community!
*Education code compliance, 100 minutes of PE every week for Elementary students.
  90 minutes of PE per week + 10 minutes of jogging per week.
*Teacher student interactions!
*Increase blood flow to brain and increase learning, movement break!
*Reduce teacher, staff, and student sick days!

Other information about Paul Bowling: His wife Kathy inspired him to complete his college degree and become a teacher, after leaving a career in wireless communications.

He loves teaching youth and seeing them getting active and improving their movement skills and fitness levels.

He competed in weightlifting in college. His current hobbies include training for Thanksgiving Day "Run to feed the Hungry" in Sacramento 5K run. He also enjoys lifting weights and hiking.

For more information on how Paul started his “Fitness Run Wednesday’s” program please email him through outlook.
**Governor’s Fitness Challenge**

Who is conducting the Governor’s Fitness Challenge? Please let me know so I can recognize you. You can conduct this challenge every month if you want to. Make sure to involve the afterschool coordinators on your campuses!

**Fitnessgram**

Fitnessgram is up and running. Please have all your data entered by Dec. 8th. I will be using the data for upcoming grants. Thank you!

**Questions/Issues:**

1. I get an error message every time I try to use the same test name. I can not put Pre-test 2011 for every class
   
   a. Examples: for each class put “pre-test 2011-period 1” or “pre-Test 2011-Mrs. Cavanaugh”

**Entering the data: Please Remember to follow this simple rule!!!!!!!!!!!**

1. **ONLY use one test for all 6 items.**

Example of what not to do: pre-test curl-ups (only the curl-up test scores are in this test) then pre-test push-ups (now only the push-up test scores are in this test).

Example of what to do: pre-test (All scores are entered in this test!!)

**Website for Physical Education**

Almost up and running. We will have a link for physical education on the district website. It will be under departments and also as a link under the Family and Community Engagement site. Please send in your request for things you would like to see on our website to heather-deckard@scusd.edu