"Work should be looked upon – not as a necessary drudgery... but as a way of life in which you get to make a difference in someone's life today."

**Physical Education Heroes/Heroines**

*We are looking for you!* Your principal or I will be keeping our eyes out for those that are using EPEC correctly, using good teaching strategies, following the standards, going the extra mile to increase student/community learning and fitness for a lifetime. Those that are identified will be given **KINGS tickets** for you and your family or friends.

**Congratulations to:**

- **Paul Hein** – Camellia Basic Elem. (Walking Wednesday’s before school)
- **Todd Melton** – Matsuyama Elem. (In compliance w/ 200 min. law w/ Fitness Tuesdays)
- **Cindy McPhail** – Hiram Johnson HS (Designing EPEC Secondary Cornell notes for student’s portfolios)
- **Paul Bowling** – C.B Wire Elem. (In compliance w/ 200 min. law with Walking Wednesdays during school and Zombie zoom)

**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!**

**Congratulations Paul Hein from Camellia Basic Elementary and Philip Fontenot from Sequoia Elementary each won a $200 Gift certificate to US Games to purchase equipment. Who will be this month’s winner?**

**Self Reflection Time:**

- Check the PE Hall of Shame and make sure your practices are not those shown here: [www.pecentral.org/professional/hos/index.html](http://www.pecentral.org/professional/hos/index.html)
Featured Physical Education Teacher(s)!
This month’s feature is Stacee Oltmanns from Hiram Johnson High School.

My name is Stacee Oltmanns and I am currently teaching High School Physical Education at Hiram W. Johnson High School. This is my second year here at HJHS. I taught one year of High School prior to coming here at Health Professions High School. Both schools are very different and I have enjoyed learning so much from both experiences. Prior to my High School experience, I taught Elementary Physical Education for 5 years and never thought I would leave.

My family means the world to me and having these 3 children really lights a fire in my belly when it comes to quality education. I am very passionate about providing a quality standards based program to my students.

I currently teach 3 P.E. dance classes and 2 PE/REC classes at HJHS. I am having a blast teaching these 2 classes because I get to start my day dancing and moving to music and watching my students grow not only as dancers but as respectful and caring citizens. I am currently teaching tennis in my PE/REC class and though the skills are tough, the students are growing and learning every day. All students deserve a quality education and working here at HJHS has been very exciting because the students now are beginning to believe it!

Grants – Need $ talk to me

Fuel Up to Play 60 is offering schools a grant for $300 - $4,000. The Competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Apply at www.fueluptoplay60.com
**Do you know your nutrition facts?** (Answers at the end of the newsletter)

**Nutrition information is part of Standard 4 for grades K-8 and Standard 2 for grades 9-12.**

1. Food labeled with the words “multi-grain”, “stone-ground”, “100% wheat”, “cracked wheat”, “seven-grain”, or “bran” may not be whole grain products?
   a. True    b. False

2. What measurement does not equal 1 cup of fruit:
   a. 8 large strawberries    c. 1 large orange
   b. 1 large peach             d. 1 large wedge of watermelon

3. An example of a daily allowance of fruit is; ½ cup small banana, 1 cup orange juice and ½ cup berries.
   a. True    b. False

4. One Large banana equals:
   a. ½ cup of fruit    c. 1 cup of fruit
   b. 2 cups of fruit

5. Starchy vegetables include:
   a. Corn                            c. Potatoes
   b. Green peas                  d. All of the above

6. Two medium carrots equals:
   a. 1 cup of vegetables    c. ½ cup of vegetables
   b. 2 cups of vegetables

*These questions came from Skillastics Nutritional cards. www.skillastics.com

**Elementary Classroom Management!**
Here are some ideas to make your life and students lives much easier:

1. **Back to Back (partners):** Students find the closest person to them and sit back to back in 5 seconds. Then ask them to figure out who is “Broccoli and Bok Choy” or “Brussel Sprouts and Spinach”, etc…

2. **Equipment placement:** Spread your equipment out into 4 different areas, so students are not climbing over each other to get equipment. You can use four hula hoops to put your equipment in.

3. **Boundaries:** Provide boundaries for students by using cones. Sometimes it is necessary to use more then 4 cones to create your boundary area.

**EPEC at the Secondary Level –**
What does EPEC look like? EPEC lessons straight from the books can be long, but full of useful information. At the end of this newsletter is an example of how we (HJHS PE staff) organized the EPEC curriculum to make it more user friendly for us last year. Also attached is a worksheet that Cindy McPhail from Hiram Johnson developed this year using the EPEC curriculum for their student’s portfolio.
Common Planning Time Changed Again!
After a lengthy discussion, Physical Education will not have CPT this year. CPT is meant for all staff to plan together instead of having teachers in their silos. This is a great opportunity for you to help classroom teachers understand what you do and how Physical Education has changed.

Instead the district has agreed to give us two days of mandatory training from 8-3pm and makeup CPT for those that have not accrued all 18 hours of CPT time. This actually is another great opportunity for us as so many people have to coach afterschool.

The focus this year for CPT is on literacy which can be found in the Physical Education Standards 2, 4 and 5 for grades K-8 and Standards 1-3 in High School. You can find the CA PE standards at the following website: [www.cde.ca.gov/be/st/ss/documents/pestandards.pdf](http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf)

Examples:
1. **Elementary:** If teachers are working on letter writing then have kids write a letter to the alien Murgatroid about “How to catch a ball over head” (3rd grade Standard 2.2). The classroom teacher can grade the grammar, conventions, etc... and you can grade the content. Now your meeting two standards at the same time or

2. **Secondary:** Analyze consumer physical fitness products and programs (High School Course 1 Standard 2.8). This is also a standard in Health Education class (Standard 3)

District Bulletin Board / Board Updates
This month we do not have anyone featured because I have not received any pictures. A picture is worth a 1,000 words. Please send your pictures in. Some submissions will be included in our board updates.

EPEC Curriculum –
**Elementary:** (Reminder from last newsletter) the EPEC curriculum can be found on your computer click My Computer, (U:) UNIVERSAL, Physical Education, Elementary EPEC curriculum

**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.

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 training will be delivered through two different venues.

*Mandatory Physical Education Training which will cover Fitnessgram training as well as EPEC curriculum and time to collaborate with each other.

Location: George Sim Community Center
6207 Logan Street - (916)808-3761

1. Jan. 30 – Mandatory Physical Education Trainings 8-3pm
   a. The following schools have training on this date:
      Ab Lincoln, Bancroft, Bonnheim, Bowling Green, Camelia Basic, CB Wire, Earl Warren, Elder Creek, Ethel Baker, Ethel Phillips, Father Keith B Kenny, Fruitridge, Isador Cohen, James Marshall, Marian Anderson, Mark Twain, Nicholas, Oakridge, OW Erlewine, Pacific, Parkway, Peter Burnett, Sequoia, Susan B Anthony, Tahoe

2. Feb. 3 – Mandatory Physical Education Trainings 8-3pm
   a. The following schools have training on this date:

3. Feb. 9 – Mandatory Physical Education Trainings 8-3pm
   a. This training is for all middle schools and high school Physical Educators. Please send half of your department.

4. Feb. 10 – Mandatory Physical Education Trainings 8-3pm
   a. This training is for all middle schools and high school Physical Educators that did not come on Feb. 9.

**If your school for some reason does not send you to the mandatory PE training then you should attend training for Fitnessgram on Jan. 25 or Feb. 1. NO CPT Hours will be given!!!
Jan. 25 and Feb. 1 from 4-6pm @ Nicholas Elementary

b. This training is for classroom teachers and those PE teachers that their principal is not sending to the mandatory Physical Education trainings.

**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**

Our website is up and running. What would you like to see on it? Our link is under the Office of Family and Community Engagement Department. Please send your request to heather-deckard@scusd.edu

**Answers to Nutrition Facts:**

1) True, 2) D. 1 large wedge of watermelon – 1 small wedge 1” thick = 1 cup, 3) True, 4) C. 1 cup of fruit, 5) D. All of the above, 6) 1 cup of vegetables