

Shenendehowa  
Central Schools

Special points  
of interest:

- > Youth Fitness
- > Aquatic Center
- > Daily Dozen
- > K.A.R.T.

# Physical Education and Health Department

## Is it Physical Activity or Physical Education

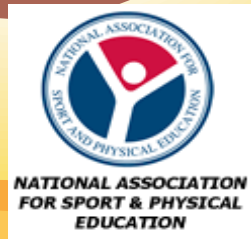
With heightened attention on childhood obesity prevention efforts, there seems to be some confusion between the terms “physical education” and “physical activity.” Often the words are used interchangeably but they differ in important ways. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children. The National Association for Sports and Physical Education (NASPE) believes every child in the U.S. deserves both a quality education and physical activity program.

**School physical education programs** offer the best opportunity to provide activity for all children and to teach them the skills and knowledge needed to establish and sustain an active life-

style. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. A quality physical education program provides learning opportunities, appropriate instruction, meaningful and challenging content for all children.

**Physical activity** is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. Similar health benefits to those during a physical education class are possible during physical activity bouts when the participant is active at an intensity that increases heart rate and produces heavier

than normal breathing. Opportunities to accumulate physical activity during the school day include time spent in physical education class, classroom-based movement, recess, walking or biking to school, and recreational sport and play that occurs before, during, and after school. Parents and grandparents are urged to get active with their children!



## Shenendehowa Opens Aquatic Center

On Saturday, June 6th hundreds of people showed up at the grand opening to view the new **Aquatic Center** that was approved by residence in 2004. This facility will be used for physical education classes, athletics, and for public use. More details about the Aquatic Center inside this newsletter!



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# Youth Exercise and Fitness

To get kids more active and more interested in exercise and fitness, it can help to:

- Get the whole family involved in being more active, keeping in mind most kids would rather be outside playing, instead of inside watching television - - they just don't want to be outside by themselves. If you go outside with your child to play catch, tag, or simply go for a walk, you can usually be sure that your child will be quick

to follow.

- Have your kids use "active transportation" in which they have to use stairs, instead of elevators, and walk to school or to their friend's house, instead of always being driven.
- Encourage more unorganized outdoor free play.
- Support personal fitness and fun recreational activities.

- Help your child find an organized sport that he or she likes. This can be a team sport, such as baseball, soccer, or football, or an individual sport, such as tennis, karate, or dance.
- If your child likes playing video games encourage them to play "active" video games, such as Dance Dance Revolution, Wii Sports and Wii Fit.

# Exercising for Others

Congratulations to all **sixth grade physical education** students who participated in *Hoops for Heart!* The tri-building event raised \$2,173.35 for the American Heart Association.

**Okte Elementary School** earned \$2,600 for the American Heart Association during their *Jump Rope for Heart* fundraiser. Way to go Okte!

# The Daily Dozen



In attempts to meet NYS mandates for physical education Shenendehowa has created a program called the "Daily Dozen." This program has elementary students participating in short bursts of physical activity inside of the classroom during the school day (totaling 12 minutes a day).

In addition to meeting state mandates the "Daily Dozen" has other positive benefits.

- By adding physical activity

in the classroom, teachers are giving their students a chance to use up energy and help them focus on learning.

- Research has shown physical activity can improve learning and increase test scores.
- Aerobic conditioning seems to assist memory and physical activity has a definite impact on the frontal lobe, a primary

brain area for mental concentration and planning.

Schools that offer intense physical activity programs have shown positive effects on academic achievement, including improved mathematics, reading, and writing test scores; and reduce disruptive behavior, even when time for physical activity reduces the time for academics ([www.csba.org/is/ch/linkages.htm](http://www.csba.org/is/ch/linkages.htm))

# Dive In Shenendehowa!

**The Shenendehowa Central School District** houses one of the finest aquatic facilities in New York State which was passed by the voters on January, 2004 and completed in June, 2009. The Aquatic Center is located on the main campus on Route 146 and is attached to the Gowana Middle School.

The pool is 119' long, 60' wide and holds 433,500 gallons of water, with a bather capacity of 304 people. The pool decking area has ample room behind the diving boards and on both sides of the pool to handle PE classes for dry land instruction and warm-up. The water depth ranges from 3'6" in the shallow end for swimming lessons to 14' in the deep end for competitive diving. There are 2 – 1 meter competitive diving boards and 2 – 3 meter diving boards. Use of the 3 meter boards is only under the supervision of a USS Diving Coach.

The pool was designed to allow for multiple configurations to maximize activities and utilization by the students during the school day, com-

petitive swimmers and divers and the community. There is a movable 4' stainless steel bulkhead which allows for 3 configurations. The typical location of the bulkhead will be for a 25 yard pool for standard swim competitions at the deep end of the pool with water depths adequate for turns at both ends of the laps. The second location is for a 25 meter pool for water polo competitions. The third location would allow a 25 yard lap pool at the shallow end with simultaneous deep end space for diving.

Initially, aquatic instruction as part of the Physical Education Curriculum, will be offered to 3rd grade students from all district elementary schools except Arongen and Skatekon (who will continue aquatic lessons at the Southern Saratoga YMCA), grades 6-8 middle school students; and possibly an elective program for grades 9-12. This facility is used extensively as an integral part of the Physical Education Curriculum. Students in 3<sup>rd</sup> grade complete an American Red Cross water safety program; grades 6-8 follow an

amended American Red Cross Learn To Swim Program including, but not limited to, diving proficiency, boat safety, mask, snorkel and fins, and lifeguard training. Aquatic Games will be phased into all three Units (i.e. Water Polo, Water Basketball, Aqua Volleyball, etc.). Often times some students will find these units challenging and risky, but all students are taught the necessary skills for a safe unit.

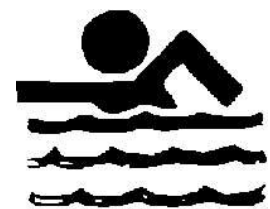
Third grade classes will be bussed to the Aquatic Center for 6 classes consisting of 40 minute lessons in the fall and the spring. Middle School grades 6-8 will be scheduled for 10 classes per unit during the winter months.

Our hope and goal is that every Shenendehowa student will obtain the basic knowledge and skill to safely enjoy lifelong aquatic activities and be given the opportunity to develop interests in advanced aquatic activities and careers.

- Pat Seligman, 2009



*“Our hope and goal is that every Shenendehowa student will obtain the basic knowledge and skill to safely enjoy lifelong aquatic activities and be given the opportunity to develop interests in advanced aquatic activities and careers.”*



## What to wear for Physical Education class...

- **Bathing Suit**—Students will wear appropriate swim wear when in the aquatic center. Girls are required to wear one piece suits. Boys must wear swim trunks and may not wear cut-offs or shorts made of “jeans” or other materials. Both may wear a white/light colored t-shirt over the suit. Just like sneakers for regular P.E. class, parents must supply their child with a bathing suit.
- **Towels**—Students must bring in a clean towel from home and a plastic bag to transport wet clothing/towels to and from school each day they have swim class.
- **Goggles**—Students may bring and wear their own goggles as long as they do not cover the nose. We ask that students learn the correct breathing techniques used for swimming.
- **Nose plugs**— We would prefer that the students do not wear them during their P.E. classes. We are trying to teach the students how to swim without plugging their nose, as this is a requirement by the American Red Cross.

**Check us out on the Web**

*Physical Education Department Home Page:*

<http://www.shenet.org/district/academicdept/PE/pe.htm>

*Health Department Home Page:*

<http://www.shenet.org/high/hsacaddept/Health/HealthEdIndex.htm>

**NEW Websites!**

*6th Grade Physical Education:*

<http://www.shenet.org/middle/academicdepts/MSPE/grade6pe/ms6pe.htm>

*Coach McQuade:*

<http://www.shenet.org/middle/acadia/mmcquade/mmcquade.htm>

**Shenendehowa  
Central Schools**

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**Kids Are Runners Too!**

**Karigon, Orenda, and Skano Elementary** students have been hard at work taking part in the K.A.R.T. program during their physical education classes. This program is designed to motivate children to increase their commitment to physical activity. Kids Are Runners Too! provides children with an opportunity to participate in a 5 week half marathon (13.1 miles) running/walking program.



**K.A.R.T. Goals:**

- To provide elementary aged students with a fun, challenging and motivating exercise program
- To introduce children to the life sport of running

- To motivate children to participate in daily physical exercise
- To positively impact participants' self-esteem and self image
- To positively impact participants' attitudes toward exercise
- To increase participants' and their families level of understanding of the importance of exercise and proper hydration

