

SPN PHYSICAL EDUCATION

Created and Published by the Stony Point North Physical Education Department



Special Interest

Articles:

- NFL Play 60
- Dr. Lane and Mayor Holland compete with SPN students
- The importance of "Healthy Eating"

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Stony Point North Receives "NFL Play 60" Grant

Stony Point North Elementary School was recently awarded a grant from the "NFL Play 60" program. This is a nationwide program sponsored by the National Football League and the National Dairy Council.

The "NFL Play 60" program is designed to encourage students to be active for at least 60 minutes a day in order to help prevent childhood obesity.

The program, also known



as the "NFL Fuel Up to Play 60" program, has two basic components. In addition to the "Physical Activity" component which promotes all students being physically active for at least 60 minutes a day, the second part of the program is the "Healthy

Eating" component.

According to the NFL Play 60 website, Stony Point North was one of only four schools in the entire state of Kansas that were chosen to receive funding from the NFL Play 60 program. (Continued on Page 2)

Dr. Lane and Mayor Holland Compete with Stony Point North Students in a "Race Across Kansas"

Kansas City, Kansas School district Superintendent Dr. Cynthia Lane and Kansas City, Kansas Mayor Mark Holland were captains of KCK district teams that competed against Stony Point North 5th grade students, teachers, and staff members in our second "Race Across Kansas" walking activity.

Our "Race Across Kansas" activity is a walking activity to promote physical fitness by using pedometers to record miles that have been walked or ran.



Dr. Cynthia Lane
KCK District Superintendent



Mr. Mark Holland
Mayor of Kansas City, KS

Each week our nine teams had their team totals marked on a large map of the state of Kansas on a large bulletin board at Stony Point North. The total distance for our race is 1,006 miles.

Our first "Race Across Kansas" started in September of this past fall and finished in late October with three teams of 5th grade students and three teams of SPN teachers and staff members competing.

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Stony Point North Receives “NFL Play 60 Grant

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During the next several months, students at Stony Point North will be involved in several “NFL Play 60” activities.

To promote an increase in our student’s “Physical Activities”, students will be involved in our “walking program” at school. The third and fourth grade students will now also be receiving pedometers to wear to track their daily physical activity in school and away from school.

The third and fourth grade



students will then join our 5th grade students and teachers and staff members in our third “Race Across Kansas”.

Our students in kindergarten, first, and second grades will also be involved in a walking activity to promote an increase in their physical

activity but without the use of pedometers. All students will have the opportunity to receive prizes for their participation and improvement in their overall physical activity. We will strive to have all SPN students physically active for at least 60 minutes a day, every day!

Additional activities for the “NFL Fuel Up to Play 60” program will have our students focusing on proper nutrition with many “Healthy Eating” activities



planned. Students will learn about the basics of proper nutrition during PE classes and will also have homework assignments on “Healthy Eating” to be worked on at home with the help of their parents.

“Fuel Up to Play 60”: The Importance of “Healthy Eating”

“Today about 1 in 3 kids are overweight or obese.

If obesity among kids continues to increase at this rate, our current generation could become the first in American history to live shorter and sicker lives than their parents.”

.....ahealthiergeneration.com

In our “Fuel Up to Play 60” activities, the students at Stony Point North will be focusing on the importance of “Healthy Eating” during activities in P.E. class.

Studies have also shown that students that have better nutrition and an increase in physical activity can help improve academic performance.

According to information from “A Healthier Generation” at “a healthier generation.com

“Today about 1 in 3 kids are overweight or obese.

And studies show that overweight kids are likely to become overweight and obese adults.

If obesity among kids continues to increase at this rate, our current



* Source – ahealthiergeneration.com

generation could become the first in American history to live shorter and sicker lives than their parents.”

Consequences of Childhood Obesity:

“Obese and overweight children are at risk for a number of serious health problems such as:

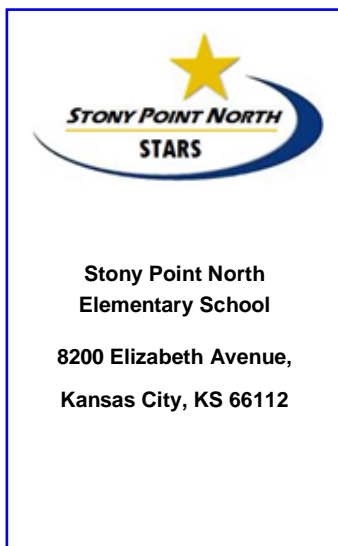
1. **Diabetes:** Type 2 diabetes was once called adult-onset diabetes. Now with the rise in childhood obesity, there is a dramatic rise in the number of children suffering from Type 2

diabetes. Untreated, this is a life-threatening condition.

2. **Asthma:** Extra weight can make it harder to breathe and can inflame the respiratory tract. There is a rise in childhood asthma and children with serious asthma are more likely to be overweight.

3. **Heart Failure:** Being overweight makes the heart work harder. Overweight children are more likely to grow up to be overweight adults who develop heart problems.”

Source: ahealthiergeneration.com







SPN PE Activities for the Second 9 Week Quarter

During the second nine weeks of the school year Physical Education classes at Stony Point North focused on the KCK District Physical Education standards of “throwing and catching, dribbling, and volleying”.

Basketball - In our Basketball Skills unit, our students from Kindergarten through 5th grade all learned dribbling skills with both the right and left hands; shooting skills, which included correct grip, shooting technique, and follow through; and passing techniques, with three basic types of passes taught. Students in grades 3 through 5 also learned about basic basketball rules and strategies.



Volleyball - Students in first through fifth grades also participated in a Volleyball unit. Students learned the basic Volleyball skills of Passing, Setting, and Serving as well as the basic rules and strategies while participating in Volleyball games.



Activities in Physical Education classes focus on skill development and in acquiring the basic knowledge regarding the importance of physical activity. The primary goal in Physical Education classes is **“Promoting Active and Healthy Lifestyles”**.

Dr. Lane and Mayor Holland Compete with Stony Point North Students in a "Race Across Kansas"

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A second "Race Across Kansas" started in November with the addition of three new teams. Dr. Lane and Mayor Holland both were captains of teams of KCK district employees. The KCK district teams consisted of people from the KCK Board of Education, executive directors, and other district personnel. The Stony Point North PTA also had a team of parents competing in our walking competition.



The same two teams finished as the winners in both the first and second races. The overall winners were "SPN Team #3" of captain Mrs. Stacey Bayha. The winning 5th grade team for both the first and second race was Ms. Kim Williams' 5th grade class.

Our third "Race Across Kansas" will be starting soon with four new teams joining the competition. The two third grade classes and two fourth grade classes will be receiving pedometers soon through funding provided by the "NFL Play 60" program.



**Overall Winners in Both Races
Team #3 SPN Teachers and Staff Mrs. Bayha - Captain**



**5th Grade Winning Team in Both Races
Mrs. Williams 5th Grade Class**