

# SPN PHYSICAL EDUCATION

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NEWSLETTER



### Special Interest Articles:

- **KC Wolf Visits SPN**
- **4th Graders Win KC Healthy Kids' Grand Prize**
- **Healthy Eating "Taste Tests" in PE Classes**
- **Students Visit "Chiefs Sports Lab"**

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## KC Wolf Visits Stony Point North to "Kick-Off" NFL Play 60 Activities

KC Wolf, the mascot for the Kansas City Chiefs, recently visited SPN on February 16th to assist students in learning more about the importance of the NFL Play 60 program.

Stony Point North received a grant from the NFL Play 60 program again this year for the third consecutive year.

SPN is the only school in the entire state of Kansas to have received a grant from the NFL Play 60 program for the past three years in a row and is the only school in the KCK School District to be an NFL Play 60 school.



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## 4<sup>th</sup> Graders Win Grand Prize of \$3,000 in "KC Healthy Kids" Contest

On March 2nd, six 4th grade students from Mrs. Scarrow's and Mr. Wedman's classes represented the entire 4th grade class and also all the students at Stony Point North, and won the Grand Prize totaling \$3,000 in the "KC Healthy Kids I Am Here" contest!

In January, SPN was notified that our 4th graders had received FIRST Place in the first round of the KC Healthy Kids "I Am Here" photo and essay contest.

By winning the 4th grade competition, our 4th graders then advanced to compete against 3rd through 8th graders around the KC Metro area for the Grand Prize of \$2,500.



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### KC Wolf Visits Stony Point North to "Kick-Off" NFL Play 60 Activities



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During the all-school assembly KC Wolf, and other Chiefs representatives, used video activities and games involving students, teachers, and our principal, Mrs. Martin, to help demonstrate the focus of the NFL Play 60 program.

The two basic parts of the "Fuel Up to Play 60" program; are to increase physical activity to at least 60 minutes a day and to eat healthy at every meal.



### 4th Graders Win Grand Prize of \$3,000 in “KC Healthy Kids” Contest

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The theme of the “I Am Here” contest was how students can make their school become more healthy. The Grand Prize competition was held at the Kaufmann Center in Kansas City, Missouri, where our 4th graders competed against 5 other school districts in the KC Metro Area in giving a “Shark Tank- type” presentation. By advancing to the Grand Prize finals competition, the SPN 4th graders competed against middle school students from other school districts in the final part of the contest.

At the end of all the presentations for the evening, a panel of judges consisting of local government, community, and business leaders selected our Stony Point North 4th graders as the winners of the Grand Prize!



Representing the 4th grade was Alexandria Radford, Enoc Herrera, Ashley Terrazas, Ingrid Rosales, Annie Gemmill, and Maritza Hernandez. The focus of the 4th grade presentation was on how we can become more healthy at our school by improving our playground so that we can increase our physical activity.

In addition to receiving the Grand Prize of \$2,500, a local community member from the audience also announced that they would donate an additional \$500 to our school for our playground project resulting in a total of \$3,000 that our school would receive from the 4th grader’s presentation.

Our school learned of this contest through our involvement in our NFL Play 60 activities and our previous partnership with KC Healthy Kids over the past three years.



### Students Learn about "Healthy Eating" in PE Classes

As part of our "Fuel Up to Play 60" activities at Stony Point North, students in PE classes have been learning about the importance of healthy eating. The PE classes in all grades, from Kindergarten through 5th grade, have focused on teaching students about the benefits of Healthy Eating at all meals and to make good choices on their snacks.

During the past two months students have had a variety of both written and physical activities to assist them in learning about proper nutrition and also about the "My Plate" program and the "5 Basic Food Groups". Activities in PE classes stressed learning about the 5 Basis Food Groups of Fruits, Vegetables, Protein, Grains, and Dairy in every meal.



For our healthy eating activities, SPN once again partnered with the "KC Healthy Kids" organization to have a "Taste Test" activity. This activity was coordinated with Ms. Rachel McGinnis Millsap, Director of KC Healthy Kids and the Farm to School Academy, and assisted by Chef Margaret Turner. [\(Continued on Page 5\)](#)



### Students Learn about "Healthy Eating" in PE Classes

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During our first "Taste Test" activity, students in grades K – 5 sampled smoothies consisting of strawberries and yogurt. In addition to trying a new smoothie recipe, students had the opportunity to learn more about the "Farm to School" process. Additional Taste Tests are being planned through PE classes before the end of the school year.



### Photos from Smoothie "Milk Moustache" Contest



**Photos from Smoothie "Milk Moustache" Contest**



## Second Semester Tumbling and Gymnastics Unit in P.E. Classes

At the beginning of the second semester, the students in grades K – 5 participated in a three week unit on Tumbling and Gymnastic skills. This unit develops physical skills in balance, coordination, flexibility, and agility. It was also stressed during the unit how developing these skills transfer over to other sports and activities as well.



Each grade had tumbling and gymnastic activities that were best suited for their grade level and ability levels. The activities included basic body movement skills with a variety of different types or rolls and challenging movement skills. Students then worked on beginning tumbling activities focusing on the correct techniques for the forward and backward rolls. The unit started with easy beginning activities and then progressed to more advanced skills.



## Second Semester Tumbling and Gymnastics Unit in P.E. Classes

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During the gymnastics activities, students were taught the basics for the cartwheel and round off technique. Activities also included a variety of challenging skills involving movement, balance, muscular strength, flexibility, and muscular control.



### Students Continue Schoolyard Gardens Project by Planting Seeds

In December of 2015, with the help of "KC Community Gardens", students from the 4th and 5th grades built six garden beds so that each grade could have their own garden bed to learn about plant science.

On March 24th, each grade continued our "Schoolyard Gardens" project by planting seeds in their own garden bed. Once again, MaryAnna Henggeler with "KC Community Gardens" assisted our students with this activity.

The new Schoolyard Gardens is a part of our "Fuel Up to Play 60" projects where students can learn more about healthy eating by growing their own vegetables. It is our goal to have the vegetables that we grow be a part of our school lunches and be a part of our "Fuel Up to Play 60 Taste Tests".

Each grade planted different vegetables. Kindergarten students planted onions, lettuce, and mustard; 1st grade students planted purple potatoes; 2nd grade planted broccoli; 3rd grade planted kale and collards; 4th grade planted peas and carrots; and 5th grade students planted spinach and radishes.



### Students Participate in SPN's "Indiana Jones Temple of Doom" Obstacle Course

Students in Kindergarten through 5th grades participated in a fun, physical, and challenging activity in their PE classes as they went through "Stony Point North's Temple of Doom" Obstacle Course.

During each student's trip through our "Temple of Doom Obstacle Course", they worked on improving a variety of physical skills including improving their balance, agility, strength, and coordination.

As students "Jumped over the Rocks (hurdles)", they utilized the skills of running, leaping, and jumping.



Students developed their physical skills in agility, balance and coordination as they traveled through the "mountain" (mats and a large parachute) by riding in their "mine carts" (scooter boards).

Students needed to use muscular strength to leap and jump from one very tall "mountain" to another across as they swung on a climbing rope above the dangerous "alligator and snake pit".



Two "very 'high' Bridges of Danger" (balance beams) required students to balance themselves above more "snakes and alligators". Students then faced the ultimate challenge as they finished the obstacle course when they climbed the "very high Mount Stony Point" (rock climbing wall) over more "snakes and alligators".



### 4th and 5th Grade Students Visit Kansas City Chiefs Sports Lab

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In addition to visiting the "Chiefs Sports Lab", students also received a tour of Arrowhead Stadium, the Chiefs locker room, and students sat in the club sections of the stadium where they enjoyed a great view of the current construction of the Chiefs new advanced football field.



**4th and 5th Grade Students Visit Kansas City "Chiefs Sports Lab"**

On Thursday, March 24th, fourth and fifth graders from SPN visited the "Kansas City Chiefs Sports Lab" at Arrowhead Stadium.

The "Chiefs Sports Lab" is an educational part of Arrowhead stadium that includes many interactive activities. In the "Chiefs Sports Lab" students participated in activities and games to help learn about the body, nutrition, and how students can have a healthier lifestyle.

The activities demonstrated to students how the body is affected through proper nutrition and the benefits of being physically active every day for at least 60 minutes.

The visit to the "Chiefs Sports Lab" assists our students increase their knowledge of the "Fuel Up to Play 60" program along with the activities that we have currently going on in our school activities through PE classes.

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