

SPN PHYSICAL EDUCATION

Created and Published by the Stony Point North Physical Education Department

SPN Receives NFL Play 60 Grant for Second Consecutive Year

For the second consecutive year, Stony Point North Elementary School has been awarded a grant from the "NFL Play 60" program. This program, also known as "Fuel Up to Play 60", is sponsored by the National Football League and the National Dairy Council.



The focus of this nationwide program is to encourage students to eat healthy and to be physically active for at least 60 minutes a day so that students can prevent childhood obesity.

Stony Point North is only one of four schools in the entire state of Kansas to receive this grant and the only school in Kansas to receive this grant two years in a row!

Throughout the second semester all physical education classes at SPN will include activities that focus on the two basic components of the "NFL Fuel Up to Play

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Special Interest

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Fourth and Fifth Graders Create "P.E. Portfolios"

This year the fourth and fifth grade students at Stony Point North have started a new educational component through their P.E. classes. Students have been working on creating "P.E. Portfolios". This P.E. activity is extremely unique to any Physical Education curriculum at any level and in any school district!



The "P.E. Portfolios" are a collection of written projects that our 4th and 5th graders will be working on throughout the school year.

will provide an opportunity for each student to assess their performance and

progress in physical activities, healthy eating, and also in other

Creating "P.E. Portfolios"

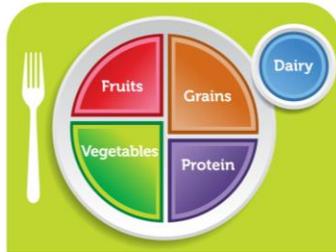
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60" program which are being active for at least 60 minutes a day and "Healthy Eating".

In the "Healthy Eating" area students will learn about proper nutrition and the "5 Basic Food Groups" from the "My Plate" program.

Activities in this area include: student discussions in PE classes about eating more nutritious meals, completing "Healthy Eating" activity worksheets on the "5 Basic Food Groups", and having all-school "Taste Tests" activities to explore new options of healthy foods to include in their daily meals away from school.



Our students will also strive to increase their daily physical activities so that each student is physically active for at least 60 minutes a day. Students in grades 3 – 5 will continue wearing pedometers at school and away from school and track their mileage with the goal of each student walking or running a minimum of 100 miles.



Fourth and Fifth Graders Create "P.E. Portfolios"
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important areas that will hopefully assist in leading to each student's academic success.

The "PE Portfolio" allows our students to incorporate literacy activities into the PE curriculum at SPN and be

in alignment with the KCK school district's goal of developing strong literacy skills.

The "PE Portfolio" consists of a 3-ring binder with sections for projects in eight different educational areas. The eight areas include: 1. a "Daily Physical Activity Log", 2. Journaling, 3. Goal Setting, 4. "Healthy Eating" activities, 5. Character Education activities, 6. "Physical Fitness Testing", 7. Reading projects, and 8. A "Miscellaneous" section for special projects.

The projects for the "P.E. Portfolio" are worked on by students outside of class time so that PE class time remains an activity period.



Stony Point North P.E. Website Created

A new website has been created for the Stony Point North Physical Education program. The P.E. website address is <http://www.spnpe.com>

The purpose of this P.E. website is to communicate PE activities and special events occurring in the Stony Point North PE

classes to students, parents, and community members.

The SPN PE website will include stories, pictures, and videos that highlight the Physical Education activities and projects that our students will be participating in throughout the year in their PE classes.

**Stony Point North
Elementary School**

8200 Elizabeth Avenue,
Kansas City, KS 66112

Stony Point North Students Receive “Rock Climbing Wall”



Stony Point North students returned back to school from Winter Break in early January and were surprised with the addition of a new “Rock Climbing Wall” in our gym.

Students in all classes spent the first few weeks of the second semester participating in PE activities climbing the Rock Climbing Wall to improve their balance, agility, strength, and coordination.

Students in Kindergarten through 5th grade also enjoyed more Rock Climbing Wall activities as they participated in “SPN’s Indiana Jones Temple of Doom Obstacle Course”. As each student traveled through our “Temple of Doom Obstacle Course” they utilized the skills of running and jumping as they ran and “Jumped over the Hurdles”.



Students also worked on hopping and balance as they “Hopped on Rocks in the River” and then pretended that they were swimming as they were “Swimming across the Raging River”. Agility and balance skills were needed as students “Crawled through the Long, Dark Tunnel”.

As students traveled through the “mountain” in their “mine carts” (scooter boards) students developed skills in agility, balance, and coordination. In order to jump from one “Mountain” to another and across the “alligator pit”, students worked on jumping and leaping as they swung on a climbing rope. Students then utilized strength and agility as they finished the obstacle course when they climbed “Mount Stony Point”.





Volleyball, Basketball, and Tumbling / Gymnastics Units in P.E. Classes

During the past few months the students in grades K – 5 have improved their physical skills and increased their knowledge in units of Volleyball, Basketball, and Tumbling and Gymnastics. The skills, activities, and drills for the students varied in these units based on the grade level so that all students received a fun, challenging, and learning experience.

Volleyball – All students in Kindergarten through 5th grade learned more about the basic skills involved in Volleyball. Students worked on the skills of Serving, Passing, and Setting and learned the basic rules and strategies involved in playing a Volleyball game.



Basketball – Our Basketball unit focused more on learning Basketball Skills and not just playing actual basketball games in PE class. Students from Kindergarten through 5th grade performed drills to develop dribbling skills using both the right and left hands; learned the basic types of passes and the techniques to perform each pass; and learned the proper shooting skills which included correct grip, shooting technique, and follow through.

The **Tumbling and Gymnastics** unit stressed the importance of balance, coordination, flexibility, and agility. Students learned how developing these skills will transfer to other sports and activities. This unit included activities for basic body movement skills followed by beginning Tumbling activities focusing on the correct techniques for the forward and backward rolls. The Gymnastics activities taught students the basics for the cartwheel and roundoff and then provided a variety of challenging skills involving movement, balance, muscular strength, flexibility, and muscular control.



SPN Students, Staff, and KCK District Personnel "Race Across America"



The 3rd, 4th, and 5th grade students, teachers and staff members at Stony Point North, along with KCK District Staff members have been focusing on improving their health and physical fitness as they "Race Across America"!

All participants are divided into eleven teams and wear pedometers to record miles as they "travel across the United States". Each week all participants report their total miles walked and the progress of each team is tracked on a large map of the United States on a large bulletin board at Stony Point North. Each team's progress is shown by their "Team Flag" moving across our course on the map.

The 3rd, 4th, and 5th grade students are divided into seven teams by their classrooms. There are two teams of Stony Point North teachers and staff members and we also have two teams of Kansas City, KS School District staff members. The captains of the two KCK District Staff teams are KCK district Superintendent Dr. Cynthia Lane and Kansas City, Kansas Mayor Mark Holland.



Captain of
KCK District Staff Team #1
KCK District Superintendent
Dr. Cynthia Lane



Captain of
KCK District Staff Teams #2
Kansas City, Kansas
Mayor Mark Holland.

Our "Race Across America" consists of four different races. We have completed our first two races and have started our third race. The first race in the fall was from San Diego to Kansas City, KS and the winning student team was Mrs. Scarrow's 4th grade class.

Our second race was completed in January from Kansas City, KS to New York City and again Mrs. Scarrow's 4th grade class was the winning student team.

The third race began in early February as teams are "traveling" from New York City to Miami, Florida. Our fourth race will be start in early April and start from Miami, Florida and then return back to Kansas City, Kansas.



**Mrs. Scarrow's 4th Grade Class
Winning Student Team for Race #1 and Race #2**