

The Gym-NEWS-ium

Lawton Elementary

January 11, 2010



WELCOME BACK!

We hope you all had a fun and restful break and are ready to start a new year...It's going to be great!



THANK YOU VOLUNTEERS!!

A big THANK YOU to all those who helped during the skating unit before break. With the many shoes and skates to be tied, helmets to be fitted, and hands to be held, many helpers were needed and you responded! This would not have run so smoothly without your help. The students had a great time learning to skate, doing the limbo, skating to YMCA, and playing four corners. Again, Thank you!!



TUMBLING

We will be starting off 2010 with a tumbling unit. The PCP schedule will be altered to accommodate scheduling with Won Ldy Paye, the artist in residence. The 3rd-5th grade classes will get seven straight days of PE from January 4-12, and then the K-2nd grade classes will get six straight days of PE from January 13-22.

Students will work through a variety of tumbling activities including individual stunts working on flexibility and balance, partner and group challenges, core strength and fitness using exercise balls, and trampoline activities.



Setting goals for the new year?

The Five for Life PE curriculum gives these goal-setting tips:

Make sure goals are **realistic** and **challenging**.

Realistic goals are ones that are possible to achieve. Challenging goals are ones that require effort to achieve.

Use **short-term goals** to develop a plan that leads to success.

Short-term goals can be achieved quickly. Long-term goals are ones that can take six months or longer to achieve.

Why Exercise is Cool!

Kids exercise all the time without even thinking of it. Being active, like when you run around outside or play tag at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your

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body will thank you later! Here are some other reasons Exercise is Cool!



Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.



Exercise Strengthens Muscles

Another kind of exercise can help make your muscles stronger. Doing a push-up or swinging across the monkey bars at the playground are types of exercises that can build muscular strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- riding your bike



Exercise Makes You Flexible

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good,

like when you take a big stretch in the morning after waking up. Being flexible is having "full range of

motion," which means you can move your arms and legs freely without feeling tightness or pain. It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches



help wanted

1. We are looking for someone who can help fix up our trampolines like new! As we begin our tumbling unit, the covers around the outside of many of our small trampolines are looking kind of sad and ripped and therefore don't provide the protection from the springs and hard edges. If you are the creative type, are skilled with a sewing machine, and would like to help we would greatly appreciate it! If you are interested, please get in contact with us.
2. We are also looking for someone who can help build a ramp for the Unicycle team. We have pictures of one that we borrowed from another school if that would help. If you have the skills and time to help out, we have the enthusiasm to cheer you on and the money to pay for the materials.

If you can help out in either area, please contact Cheryl Parks @ clparks@seattleschools.org

Here's to a great
New Year!
Ms Parks and
Miss DeJong

