

# The Gym-NEWS-ium

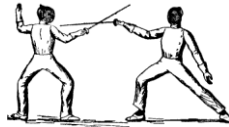
Lawton Elementary



February 4, 2010

## On Guard!

Stance, salute, on guard....We are starting off February with a fencing unit in PE. After the first couple of days, it looks as if this will be a very popular and exciting unit for the kids. We are excited to have Ms. T back helping lead us through this unit that will teach students the proper technique, steps, and safety procedures. Most students will get the opportunity to use a foil and gear up in real fencing equipment!



the funding to be able to purchase these skates. Each pair of skates also comes with a helmet, wrist guards and set of knee and elbow pads!

## Reminder: Check those shoes on PE days

Just a reminder....A key element that contributes to a student's success and well-being is safety. While in P.E. class students need to wear appropriate clothing and footwear. Clothing should be conducive to movement and the best athletic shoes should either have laces or velcro straps. Some shoes do slip on but they must have a back heel and rubber soles on them.



### Appropriate & Safe shoes



- \* Rubber soled athletic type shoes
- \* Gym shoes should have ties, velcro, or at the very least zippers.
- \* All shoes should cover the heel of the foot.

### Inappropriate & unsafe shoes

- \* Heeleys - even without wheels.
- \* Crocs
- \* Slip on tennis shoes
- \* Clogs
- \* Dress shoes
- \* Sandals or Flip Flops
- \* Open toed shoes



Over →



## TUMBLING

We recently finished our tumbling unit and it was a big hit! The students made great improvements over the three weeks. If you were to walk into the gym we are sure you would be impressed by the amount of skill the students showed, from cartwheels and forward rolls to flips, bridges and handsprings! If your child enjoyed tumbling, we encourage you to look into one of our after school tumbling programs!



## New Rollerblades!

After a very successful skating unit, we are excited to announce that we have just ordered a brand new set of inline skates! We are replacing our current roller skates with a complete set of rollerblades. We want to thank the PTA and everyone who participated in the Make-a-Difference Fundraiser at the auction which allowed us

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## Fitness Testing

It's that time again! We will begin fitness testing after we return from mid-winter break. The students will once again be tested on multiple components of fitness including muscular strength, muscular endurance, flexibility and cardiorespiratory endurance through tests such as



pushups, situps, sit and reach, and the mile or half mile run. The results will appear on their PE report card along with their previous scores from earlier in the year.

## 2nd Session for After School Clubs

Registration is still being accepted for the 2<sup>nd</sup> session of after school clubs. We will continue to accept applications until the clubs are full so return your form to the gym as soon as possible. You can find a registration form online at [www.orgsites.org/wa/lawton/pgg1.php3](http://www.orgsites.org/wa/lawton/pgg1.php3) or you can pick one up in the gym. This session will include:



Beginning Unicycle	Tuesdays	Begins March 2 <sup>nd</sup>
Hip Hop Dance	Tuesdays	Begins February 23 <sup>rd</sup>
Intermediate Tumbling	Wednesdays	Begins March 17 <sup>th</sup>
Beginning Tumbling	Thursdays	Begins March 4 <sup>th</sup>

## Help Children Develop Healthy Habits

The American Heart Association reports the following as part of their "Top 10 Ways to Help Children Develop Healthy Habits"

1. Be a positive role model. If you're practicing healthy habits, it's a lot easier to convince children to do the same.
2. Encourage physical activities that children really enjoy. Every child is unique. Let children experiment with different activities until each finds something that he or she really loves doing. They'll stick with it longer if they love it.
3. Limit TV, video game and computer time. These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease.

[www.americanheart.org](http://www.americanheart.org)

Happy February!  
Ms Parks and  
Miss DeJong

