

This Month in Health and Physical Education

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Are you curious about the fun and exciting activities our students participate in during Physical Education and Health class?!?!?

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.” ~
Buddha

Physical Education:

*Fitness Assessments – Students are tested for upper body strength, core endurance, flexibility, and cardiovascular endurance. Exercise assessments are as follows: push-ups, sit-ups, v-sit & reach, shuttle run, and mile run.

Health:

*Physical Fitness – Students are introduced to the components of fitness through in-class activity and teacher/student conversation. Skill related fitness and health related fitness are discussed in detail. Body composition, cardiovascular endurance, muscular endurance, flexibility, and strength are all identified as key components to fitness.

Find Time to Exercise and Eat Properly!!!!!!

Higher grades track significantly with improved physical activity and lower intake of soda and fast food. These findings provide additional support for the role of regular physical activity and its positive effect on academic performance.

Fun Trivia:

Dancing is a terrific and fun form of exercise that can improve cardiovascular fitness just like any other more *formal* type of exercise.

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