



# LYNCOURT SCHOOL PE NEWSLETTER

## Pre K and Kindergarten

We are having a blast in the gym! Last month, we worked on locomotor moments, finding open space in the gym, and freezing. We played a number of different games to work on those items.

This month, we have been working on throwing and catching through a number of games and stations. These skills will be incorporated into games and activities throughout the year.

We have also begun working with scooters which is a hit! Next, we will work on a dance unit. Looking forward to see what moves the students have!

## 4<sup>th</sup> and 5<sup>th</sup> Grade

Last month, we worked on soccer skills. Students had the chance to test their skills in small sided games. They had to work with their teammates to be successful in the games and did a great job!

This month, we are doing fitness testing to see where the students measure up based on the *fitnessgram* standards. The results we are gathering will be used as our baseline for the year. This will help us see how much progress students are making.

We have also been working on our football unit. We are using skills learned throughout the unit and team work to get a TOUCHDOWN!

Soon, we will be starting our volleying unit.

## 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Grade

We are finding fun in fitness while in physical education. Last month, we worked on a number of activities that really got us moving! From tag games to team activities, staying active has been the key.

This month, we are working on throwing and catching. Students have been working through stations and participating in games to develop their skills. It is looking great! We have also started using scooters!

Next, we will be doing a dance unit. We will be learning new dances and putting a physical education twist on dances the students may already know.

## Middle School

Last month, we did a quick review of soccer skills and got right into game play. It is great to see the students' confidence go up each game they played!

This month we are doing fitness testing to see where the students measure up based on the *fitnessgram* standards. The results we are gathering will be used as our baseline for the year. This will help us see how much progress students are making. We are also starting our football unit.

Students are incorporating skills learned in class along with cooperation with their teammates to get their team to the end zone!

***Check out the next sheet for the fitnessgram healthy zones.***

# Wellness Wisdom

Are you getting enough sleep?

Kids and preteens need 10-11 hours of sleep. Teens need 8-10 hours of sleep.

Halloween does not have to be all about candy. Below is a spooky healthy treat you can make at home.

## Ghostly Bananas and Clementine Pumpkins

**Ingredients:** Bananas, Chocolate chips, clementine, and celery sticks

Peel the bananas and cut them in half. Place two chocolate chips for the eyes and one for the mouth. Then enjoy your ghostly treat.

Peel the clementine. Cut your celery sticks into small pieces (these will be used as your pumpkin stems). Place the part of the celery into the clementine just like the picture to the right.

Your pumpkin is now ready to enjoy!



You can also read over our Wellness Policy on the school website.

The Policy can also be found on the under the district tab. Click Board of Education followed by policies and lastly scroll down to 5662.

*Wellness Wisdom brought to you by the Wellness Committee*

**TABLE 9.1 FITNESSGRAM Standards for Healthy Fitness Zone**

BOYS														
Age	VO <sub>2</sub> max (ml · kg <sup>-1</sup> · min <sup>-1</sup> )		PACER (no. of laps)		One-mile run (min:sec)		Walk test (VO <sub>2</sub> max)		Percent fat		Body mass index		Curl-up (no. completed)	
5									25	10	20	14.7	2	10
6									25	10	20	14.7	2	10
7									25	10	20	14.9	4	14
8									25	10	20	15.1	6	20
9									25	10	20	15.2	9	24
10	42	52	23	61	11:30	9:00			25	10	21	15.3	12	24
11	42	52	23	72	11:00	8:30			25	10	21	15.8	15	28
12	42	52	32	72	10:30	8:00			25	10	22	16.0	18	36
13	42	52	41	72	10:00	7:30	42	52	25	10	23	16.6	21	40
14	42	52	41	83	9:30	7:00	42	52	25	10	24.5	17.5	24	45
15	42	52	51	94	9:00	7:00	42	52	25	10	25	18.1	24	47
16	42	52	61	94	8:30	7:00	42	52	25	10	26.5	18.5	24	47
17	42	52	61	94	8:30	7:00	42	52	25	10	27	18.8	24	47
17+	42	52	61	94	8:30	7:00	42	52	25	10	27.8	19.0	24	47

Age	Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)		Shoulder stretch	
5	6	12	3	8	2	7	1	2	2	8	8	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.		
6	6	12	3	8	2	7	1	2	2	8	8			
7	6	12	4	10	3	9	1	2	3	8	8			
8	6	12	5	13	4	11	1	2	3	8	8			
9	6	12	6	15	5	11	1	2	4	10	8			
10	9	12	7	20	5	15	1	2	4	10	8			
11	9	12	8	20	6	17	1	3	6	13	8			
12	9	12	10	20	7	20	1	3	6	13	8			
13	9	12	12	25	8	22	1	4	12	17	8			
14	9	12	14	30	9	25	2	5	15	20	8			
15	9	12	16	35	10	27	3	7	15	20	8			
16	9	12	18	35	12	30	5	8	15	20	8			
17	9	12	18	35	14	30	5	8	15	20	8			
17+	9	12	18	35	14	30	5	8	15	20	8			

Number on left is lower end of HFZ; number on right is upper end of HFZ.  
 \*Test scored Pass/Fail; must reach this distance to pass.  
 © 1992, 1999, 2004 The Cooper Institute, Dallas, Texas.

**TABLE 9.1 FITNESSGRAM Standards for Healthy Fitness Zone**

GIRLS														
Age	VO <sub>2</sub> max (ml · kg <sup>-1</sup> · min <sup>-1</sup> )		PACER (no. of laps)		One-mile run (min:sec)		Walk test (VO <sub>2</sub> max)		Percent fat		Body mass index		Curl-up (no. completed)	
5									32	17	21	16.2	2	10
6									32	17	21	16.2	2	10
7									32	17	22	16.2	4	14
8									32	17	23	16.2	9	22
9									32	17	23.5	16.6	12	26
10	40	48	15	41	12:30	9:30			32	17	24	16.9	15	29
11	39	47	15	41	12:00	9:00			32	17	24.5	16.9	18	32
12	38	46	23	41	12:00	9:00			32	17	24.5	17.5	18	32
13	37	45	23	51	11:30	9:00	37	45	32	17	25	17.5	18	32
14	36	44	23	51	11:00	8:30	36	44	32	17	25	17.5	18	32
15	35	43	23	51	10:30	8:00	35	43	32	17	25	17.5	18	35
16	35	43	32	61	10:00	8:00	35	43	32	17	25	17.5	18	35
17	35	43	41	61	10:00	8:00	35	43	32	17	26	17.5	18	35
17+	35	43	41	61	10:00	8:00	35	43	32	17	27.3	18.0	18	35

Age	Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)		Shoulder stretch	
5	6	12	3	8	2	7	1	2	2	8	9	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.		
6	6	12	3	8	2	7	1	2	2	8	9			
7	6	12	4	10	3	9	1	2	3	8	9			
8	6	12	5	13	4	11	1	2	3	10	9			
9	6	12	6	15	4	11	1	2	4	10	9			
10	9	12	7	15	4	13	1	2	4	10	9			
11	9	12	7	15	4	13	1	2	6	12	10			
12	9	12	7	15	4	13	1	2	7	12	10			
13	9	12	7	15	4	13	1	2	8	12	10			
14	9	12	7	15	4	13	1	2	8	12	10			
15	9	12	7	15	4	13	1	2	8	12	12			
16	9	12	7	15	4	13	1	2	8	12	12			
17	9	12	7	15	4	13	1	2	8	12	12			
17+	9	12	7	15	4	13	1	2	8	12	12			

Number on left is lower end of HFZ; number on right is upper end of HFZ.  
 \*Test scored Pass/Fail; must reach this distance to pass.  
 © 1992, 1999, 2004 The Cooper Institute, Dallas, Texas.