

Physical Education at Ponderosa Elementary



Dear Parents,

A quality physical education program is offered to students as part of the general curriculum at Ponderosa Elementary School. I will be using (referencing & adapting) activities from SPARK Physical Education. SPARK (Sports, Play, and Active Recreation for Kids) is an "Exemplary Program" of the U.S. Dept. of Education. SPARK has been proven effective by objective research and field testing on tens of thousands of elementary age students and their teachers.

It is important to me that every child feels successful each day, and that they leave class eager to have physical education again. Our classes will be safe, enjoyable, active, and developmentally appropriate. 'SPARK PE' is a unique program designed to have activities that are inclusive, highly active, and integrate academic and wellness concepts. Students won't waste time waiting in lines for a turn, be a target in a dodgeball game, or be chosen last for a team. Additionally, instructional units are planned to develop motor, personal, and social skills.

One of my class goals is to actively engage children in sufficient amounts of moderate to vigorous physical activity to improve and/or maintain their physical health and well-being. Another goal is to encourage children to apply the skills and knowledge they acquire during class and to seek opportunities to be active outside of school as part of a healthy lifestyle. Experts recommend children receive at least 60 minutes of physical activity each and every day. Please help your child meet these recommendations by helping them to find opportunities outside of school. We only have PE twice a week for 30 minutes each day.

In order to provide the best possible experience for your child, we must work together as a team! Please remind your child to dress appropriately for physical activity. For comfort and safety purposes, your child should wear running shoes with rubber soles, and shorts or loose fitting clothing.

Physical activity must be done regularly to achieve health benefits. Therefore, your child's participation is very important. If she/he is sick or unable to participate in all activities, please let me know via note or phone call prior to the scheduled class. It would be helpful if the note states the specific nature of the ailment and your or the doctors' suggested restrictions.

If you have any questions or concerns, please contact me.

Thank you very much,

Mrs. Nypaver, Physical Education Teacher

679-9505





SPARK Home Play: For each Physical Education Unit, 3rd grade students will receive a *SPARK Home Play*. This is something you can put on your refrigerator and prompt your child to do the suggested activities throughout the month. Watch for them in your student's take home folder.

Read All About It!!

- *Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating*, by Carol Goodrow
- *365 Activities for Fitness, Food, and Fun for the Whole Family*, by Julia Sweet

Health is Academic!

In addition to all of the physical benefits of physical activity, other benefits include:

- Increased concentration
- Improved attendance
- Improved behavior
- Higher standardized test scores

