



If it doesn't challenge you. It doesn't change you.

Hendrick Hudson Physical Education Newsletter

Meet Ms. DiNardo!

Hi! My name is Ms. DiNardo! I am happy to be joining the Health and Physical Education department at Hendrick Hudson high school. For the past two years, I have employed at an international boarding school in Westchester County where I taught Health and Physical education to 9th and 10th-grade students. I am currently pursuing my master's degree in Educational Technology which I expect to complete by Spring 2018! Besides teaching and going to school I am fortunate enough to have the opportunity to be the Assistant Varsity Girls Soccer coach for this fall season! When I am not teaching, or coaching I enjoy spending my free time outside going for hikes, runs, and going to the beach. I also have quite the travel bug and enjoy traveling whenever I have the chance to do so!



Welcome to Ms. DiNardo's Physical Education Class

I am so excited to be joining the Hendrick Hudson community! Each day in class we will learn and practice different activities and skills that will help us maintain a healthy lifestyle. Your children will be exposed to a variety of individual, team, and lifelong activities. It is my goal as a Physical Education teacher to introduce new physical activities and promote a healthy and active lifestyle. During each unit, they will learn and have the opportunity to practice the skills and strategies necessary to be successful in each sport. I expect all students to try their best and perform to the best of their abilities each day. While I understand that not every student excels at the same sports or physical activities I always look for effort, improvement, and a positive attitude among my students. The skills that are taught in Physical Education are taught in hopes that students will be motivated to be physically active in the future.

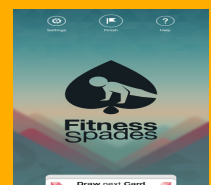


My Teaching Philosophy

Every day the goal for all my students is to leave my class having learned something new, and have fun doing so. I believe it is important for all my students to receive an equal opportunity to participate and find success at their own level of difficulty. Teaching is a partnership, I expect my students to meet me half way with their efforts. I never expect my students to excel at everything they attempt in class. However, I do ask that each of my students tries their best, and is always looking to improve.

Free Healthy Smart Phone Apps!

1. **Nike Run:** Tracks your runs & helps you reach your goals.
2. **iExercise Journal:** Helps you keep track of your fitness goals.
3. **Fitness Spades:** Customize your own workout routine.
4. **Two Grand:** Healthy eating app that visually tracks what you're putting into your body.
5. **MyPlate:** Personalized calorie goal and detailed progress feedback.
6. **Eating Healthy, Live Well:** Dietary portion control, and nutrient tracker.
7. **Sworkit Lite:** Personal Trainer
8. **Start Stretching:** Stretching coach to help improve flexibility.



Understanding the Importance of Physical Education in Our Schools

According to the Virginia Education Association, over the past three decades, the childhood obesity rate has been more than doubled for adolescents (ages 12-19), and it has more than tripled for children (ages 6-11). Physical Education always seems to be the first target when it comes to cutting school programs due to the budget, however, it is imperative that a quality physical education program receives the same development as any other subject. At this point in time, America is raising the most sedentary and unhealthy generation in American history. A high-quality health and physical education program are one of the best strategies we have to try to reverse this trend. Not only will a good health and physical education program help increase the chances that our youth will live healthier, more productive lifespans, it pays off in the classroom as well.

How important is physical activity? VERY! According to the American Heart Association, daily physical activity has been associated with an increase in life expectancy and a decrease in risk of cardiovascular disease. Studies show that physical activity helps a person feel better socially, psychologically, and physically. It is important to instill healthy active lifestyle behaviors among our youth so they can get themselves into a routine. Benefits of daily exercise include weight control, reducing blood pressure, raising HDL ("good") cholesterol, reducing risks for diabetes and cancer, and improving psychological well being, such as increasing one's self-esteem. The American Heart Association recommends that children should participate in at least 45 minutes of moderate intensity activities every day.

Each day we can increase the amount of physical activity we do by altering some of the daily tasks we complete. Instead of taking the elevator, be sure to take the stairs. Biking instead of driving, walking the dog, doing

yard work, standing up during the day to stretch or walk around. Regular physical activity gives you more energy, reduces stress, and helps you sleep better. It can also help control your weight and appetite, increase muscle strength, help your heart and lungs work more efficiently, and lead to a happier and healthier you!

A quality health and physical education program can be life changing for today's young people. Programs such as the one at Hendrick Hudson High School, offer students a well-rounded opportunity to develop bodies and minds to gain skills that will propel them to success in both the physical and academic aspects of education, and life. Good Physical Education programs provide the students with structure and discipline that young people need to perform in school effectively, and that will help them make positive choices in their life. In Physical Education class we are teaching our students the rules and strategies of sports and activities that they can play now and continue to play throughout their lifetime. Our students are working on cooperation, teamwork, communicating; all necessary qualities to be successful later in life. And on top of all that, a quality Physical Education program should include cross-curricular activities so that students can see how math, reading, writing, physics, etc. are relevant in the world of sports and physical activity.

Resources:

1. www.heart.org
2. www.veanea.org
3. www.choosemyplate.gov

