



Gym Shorts

Winnipeg School Division Physical Education Newsletter

Hey, just the three busiest months left! At least we should be able to get outside and soak up some sun!

A note about the research articles that I have talked about in Gym Shorts...they are just quickies that show one side of an issue and they aren't all footnoted correctly. I'll always let you know where they came from so you can read up on the whole thing if you like. Mostly the purpose of these articles is to get us thinking and talking about what is out there.

Also, in the article about the benefits of fitness testing last edition, I might not have made it clear enough that both Greg Gannon and Joannie Halas were involved, and that much of the part which concluded that fitness testing in children was a test of maturation and genetics was the finding of Greg Gannon.

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Link Between Fitness and Academics

A study of results of a recent study conducted by the California Department of Education shows that there is a relationship between physical fitness and academic achievement.

In California, students take part in standardized testing and reporting in something called the Stanford Achievement Test, Ninth Edition. They also must take part in a state-mandated physical fitness test called the Fitnessgram. In this study, close to one million students were looked at in grades five, seven and nine. Their reading and math scores were matched with their fitness scores to see if there was a significant relationship and there was! The four key findings were:

-Higher achievement was associated with higher levels of fit-

ness at each of the three grade levels measured.

-The relationship between academic achievement and fitness was greater in math than in reading, particularly at higher fitness levels.

-Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement at all three grade levels.

-Females demonstrated higher achievement than males, particularly at higher fitness levels.

Interestingly enough, the Fitnessgram was developed by the Cooper Institute for Aerobics Research and assesses major health-related areas. The problem is that it seems to measure fitness in some of the ways that

according to Greg Gannon and Joannie Halas (see last edition of Gym Shorts) are not valid, so I guess all of our researchers need more time!

For more info on the news release, go to:

<http://www.cde.ca.gov/statetests/pe/release2002.pdf>

For more info on the fitnessgram, go to:

<http://www.cooperinst.org/ftgmain.asp>

Thanks to the Winter 2002 Capherd Journal for the above information. While I'm not sure of the validity of the fitness testing, I do know in my heart as a physical educator that the results are true! Maybe some researcher will need to come up with another way to test.

More Websites

www.education.ca

This is a great secondary website around the Olympic theme. The 3 main areas, Athlete, Sport and Culture have video clips, past Olympians and Olympic hopefuls, many of whom are in their teens.

Check out the Teacher's Zone for learning outcomes and the Project Zone, which gives ideas for assignments.

The ideas are tied to the outcomes in the B. C. Curriculum but would transfer well to Mb.

www.learning.gov.ab.ca/physicaleducationonline/

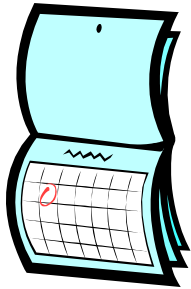
Alberta has a Home Education component. Students can sign up and take courses in just about anything, including physical education, without attending school. While I am not suggesting we adopt this kind of a program, there is some good information on the site for us.

Teachers might find some ideas for their teaching here, and they might find something for that student who has missed a unit and needs to do something to make up the work that they've missed.

<http://www.kidshealth.org/kid/>

This is a great site for elementary students to use themselves. It deals with several of the outcomes in the health curriculum from dealing with grief and loss to kids health problems to playing safely. It even addresses what to do in the case of emergencies such as hypothermia!

Check this out and then make sure that your classroom teachers know about it. The computer teacher may want to use it as well.

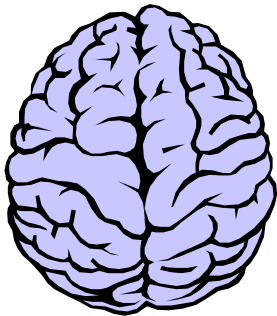


On Deck

Tue. May 13	2:30	Wed. May 28	1-4:00	Wed. June 4	9-3:30
Elementary Athletic Council at Prince Charles Rm. C		2nd 1/2 day of Senior Inter-high Track meet at Grant Park		1st day of Junior High Inter-high Track meet at U of M	
Tue. May 20	1-4:00	Mon. June 2	12:15	Mon. June 9	9-3:30
1st 1/2 day of Senior Inter-high Track meet at U of M		Senior High Department Heads at Prince Charles Rm. A		2nd day of Junior High Inter-high Track meet at U of M	
Thur. May 22	12:00-3:30	Mon. June 2	1:30	Wed. June 11	3:00
Elementary PD event with a BBQ lunch to start		Senior High Athletic Council at Prince Charles Rm. A		Junior High Athletic Council at Prince Charles Rm. A	

Brain Research and Physical Activity

The next time someone tells me to “get a brain” I can say I must have one because I was active as a kid!



Although there is still a lot of research going on, there is a growing body of evidence to support the relationship between physical activity, brain development and cognitive performance.

Some great points were made in the Sport and Physical Education Advocacy Kit II. In point form, the highlights were:

- from birth to about age 10, sensory and motor experiences play a significant role in stimulating the proliferation of synapses between particular neurons

- up to about age 10 specific synapses are reinforced based on the sensory and motor experiences of the growing child

- after about age 10, the brain starts to downsize its synapses and the strongest ones that have been reinforced by experience are kept while the others are sacrificed

- sensory and motor experiences play a large role in strengthening particular synaptic connections and neuronal pathways

- by around age 18 the foundation of motor skills and associated pathways in the brain have been laid down and while motor skills can be learned after this time, prior to 18 is clearly the

most effective time for establishing motor skills and the broadest range of new and advanced motor skills

- aerobic exercise can improve cognitive performance, likely because of increased cerebrovascular circulation (more oxygen and glucose go to the brain and more carbon dioxide is removed)

All of this, put in simple terms, supports the theory that physical education is not only good in terms of a child's health, but it can also play an important part in the development of the brain!

If you would like a copy of this article, call Dorothy at 788-0203 ext. 121 for a copy.

Mark Tremblay's Latest

I had the opportunity to hear a brief presentation by Mark Tremblay on March 10. He is the Dean of the College of Kinesiology at the University of Saskatchewan and was the keynote speaker at SAG a few years back. His talk focused on the prevalence and trends in childhood obesity and inactivity.

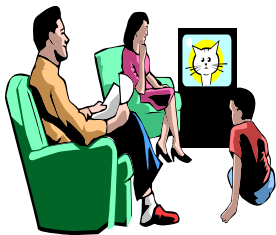
Manitoba is just slightly below average in terms of 12 to 19 year olds reporting inactivity. Over half of our students (55%)

report themselves to be inactive. The number of obese children has increased by about 5 times from 1981 until 1996. The 2000 data should be available soon and it is expected that this number will have increased again.

Another interesting point was that the growth rate in the incidence of obesity in Canadian children is huge, while in many European countries the growth rate is almost nil. Their children

are still overweight, but the increase in numbers is not huge like it is here. We need to see what they are doing to cut down on their obesity rates.

Mark believes that for any real changes to occur, legislation around things like compulsory lighted bike paths, limits on fast food companies and daily physical education will need to be passed. Of these, what is most likely? **Go Phys. Ed, Go!**



Equipment Swap Shop

Grant Park has a couple of items that they want to get rid of - either for cash or equipment. They have one full size trampoline in excellent condition and a fully equipped multi-station universal gym. Call Glenn Bruce if you are interested.

Also, do you have the Indoor Ringette set that is signed out by Montrose School? It is missing and it isn't really even ours. The set was lent to us by the Manitoba Ringette Association and was housed at Montrose for the use of our schools. Please check your equipment rooms to see if it is lying around

and call me immediately if you find it. Thanks.



Where are those sticks?

Mpeta and Cahperd

Don't forget...the deadline for application for the Toba Award is April 13. Call Tess Wilson at MPETA if you don't have a form (925-8357). The application process for this award is much less work than the QDPE award, so go ahead and apply!

There will not be a SAG conference in Physical Education next year. The National CAHPERD conference will replace SAG and will include the time that

SAG is normally held.

The conference will be centered at the University of Manitoba, and because it is a national conference, there will be a large selection of sessions to attend. As well, many of the presenters will be from out of town and it is a great opportunity to learn from them.

The social events look great as well. One of the highlights will

be the Friday night Voyageur dance and games at Fort Gibraltar. Tickets will be included and paid for as a part of the registration fee.

Make sure that you put your applications for PD into your school early so you are not disappointed. The cost will be under \$200.00, and the application form will be available on the MPETA homepage soon.



**Deadline for Application
April 13**

What Do You Know About Asthma?

Asthma is the most common chronic disease in Canadian children. According to the 1998/99 National Population Health Survey, 2.5 million Canadians (8% of adults and 12% of children) currently have asthma. The peak prevalence of asthma in children in Canada is in the 5-9 year old group, with boys being twice as likely to have asthma in childhood than girls. By adolescence, the ratio is more like 1:1 boys to girls, with 30-50% of asthma resolving at puberty. Many adolescents with chronic disease deny their symptoms, do not adhere to prescribed therapy, and frequently fail to transition from pediatric to adult medical care. Some individuals with asthma resist taking proper medication or dosage because of the expense. Twenty-eight percent of households in the Winnipeg

Health Region live below the poverty line. The prevalence of asthma is highest in the community areas of Point Douglas, Downtown and Inkster.

Hospital admissions for asthma increased 40% from 1980 to 1989, and have leveled off since then. Although the reason is unclear, there are more children hospitalized for asthma in September than any other time of the year. Approximately 10 people die from asthma weekly in Canada, and about 80% of these deaths are thought to be preventable with proper asthma education. Most asthma related deaths happen outside of hospital; 15-34 year old males being a particularly high risk group.

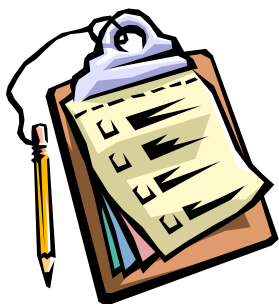
What is asthma?

Asthma is a disease of the air-

ways, or passages that lead to the small air sacs where oxygen and carbon dioxide are exchanged in the lungs. Our airways are covered in muscle that tightens to prevent foreign substances such as smoke from getting deep into our lungs. Airways are also lined with glands that produce mucous to trap particles of dirt, so they can be coughed up and cleared from the lungs. The airways of someone with asthma react to "triggers", which cause the muscle to tighten and go into spasm. As well, the lining of the airways becomes swollen and produces excessive amounts of thick mucous that plug the airways.

Stay tuned for "What causes asthma?", "How asthma is treated" and "Preventing asthma episodes".

Susan Fogg is the Nurse Educator in the Winnipeg School Division and has agreed to write a series of articles for Gym Shorts on special medical issues in physical education.



Tender

A few folks have had questions about the tender.

All of the urban school divisions except for St. James belong to a group called Co-Op Ventures. The purchasing types from each division get together and divvy up the items. They then tender for the entire group. Pembina Trails currently looks after the physical education equipment.

One of the changes as a result of the new division taking over is

that the prices are now in effect for the calendar year instead of the school year. For example, the existing tender will continue until December 31, 2003. Immediately following that date, the new one will come into effect and a new on-line catalogue will need to be printed off by your secretary.

Currently, the following companies have parts of the tender: Marchant, Sports Equipment of Toronto, Sports Inter Plus, Sport-

factor Inc. and Team Skyline Sports Ltd. To get a catalogue for these companies, just go on line and request one. That worked for me!

We still have some say as to what items you would like to see included, so if you have suggestions for equipment, let me know and I'll pass them on to Nick Dyck. Work on the new document will likely begin in September.

Rencontrez Angie Dubois

Pourquoi es-tu devenue enseignante d'éducation physique? Il y a beaucoup de réponses à cette question mais selon moi, celle d'Angie est la meilleure. Elle est devenue prof d'éducation physique parce que sa sœur lui a dit de le faire!

Like many young people, Angie wasn't sure what she wanted to do. In the spring before her grade 12 grad, her sister said "you like kids, you're good in sports...be a phys. ed. teacher." This sounded good to Angie and she's never regretted the decision.

Angie hails from Lorette where she went to school and still lives. That same sister, Collette Rozière, now drives in every day with her as they are both currently teaching at Collège Churchill.

In Lorette, Angie was very involved in sports but her two favourites were volleyball and softball. She has coached many of the sports over the 13 years that she has been at Collège Churchill, but volleyball remains her passion. Her girls have represented Winnipeg School Division in the AAA pro-

vincials nearly every year since she's been there and have had a great record along the way.

After Lorette High School, Angie took phys. ed. at the U of M. She remembers Wade Gregg and Cindy Mitterdorfer, but of course, they were "much older."

Angie has the best of both worlds where she is. She teaches all of the students in Collège Churchill and gets the benefits that come with teaching a small, closely knit group. Being attached to Churchill High School, she is really not alone and is able to work closely with her English counterparts, currently Brian Loepky and Kelsey McKay. In fact, she team teaches a leadership class with Kelsey that students from both schools can sign up for. She also gets to know the kids in the English school from the teams that she coaches and from all of the extra events that she helps out with.

Because the Collège has such a small staff, Angie ends up with lots of extras besides the typical p. e. extras. She is a leader on the Quebec trip (tough work if you are smart enough to sign up!), does the Talent show and

of course is front and center during the Spirit Week.

Angie recently represented the Winnipeg School Division on the Development Team for the S1-S2 Implementation Document. She did want me to mention what a great job Jennifer Campbell did of writing the initial draft and that her excellent work made the team's job a lot easier.

Maybe Angie's reason for entering the profession was different, but what keeps her in it is a common thread among our group. Angie loves going to work everyday because she "loves the kids' energy and the fact that they love coming to phys. ed. class." Obviously, that excitement is magnified by the excitement that their teacher shows each day as well!

When asked "What's next", Angie's reply was "I take it as it comes!" I sure hope that Collette doesn't come up with another idea for her as we want her to stay right where she is... working with and enjoying students in the Winnipeg School Division!

'Vous aimez les enfants, vous êtes sportif... devenez professeur d'éducation physique.'