

# THE GYM-NEWS-TUM

Lawton Elementary

October 10, 2007



## After School PE Clubs a Hit!



All after school PE clubs have started and the interest has been so phenomenal that all clubs are FULL!!!! Yes, that's right. Unicycle, yoga, jump rope, and hip hop clubs are full. We added a Hip Hop dance club this year with Mrs. Schumer and the kids did an awesome job in their first week. It is obvious that students at Lawton are very excited about learning and refining their lifetime recreational and fitness skills!



If you didn't have a chance to sign up for one of the clubs and would like to have your child join in the next session, make sure you sign up early and get the forms to me. You can check out after school registration and session



information on the Lawton PE website at [www.orgsites.com/wa/lawtonpe/\\_pgg6.php3](http://www.orgsites.com/wa/lawtonpe/_pgg6.php3)

## Friendly Reminder



We would like to remind all families that all students need to wear appropriate shoes and clothing for their Physical Education classes. Clothing should be conducive to movement

and the best athletic shoes should either have laces and velcro straps. Slip on athletic shoes with no heel backs ARE NOT appropriate for students to wear to P.E. class. Crocs have been very popular this year and though we over ours too, they are not appropriate or safe for physical activity. If your daughter wears a dress or skirt, it is asked that shorts are worn underneath especially since students have been learning handstands and we will be getting into tumbling soon. Thank you for your attention to this.

## 4TH ANNUAL HALLOWEEN CANDY CHALLENGE

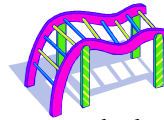
It's that time again for the annual Halloween Candy Challenge. Please look at the attached flyer that provides more information about it.



## What to look forward to in P.E. and Special Events

- Halloween Candy Challenge
- Conference Week Enrichment Camp
- Tumbling
- Fitness testing
- Ultimate Frisbee

## Run, jump, and Climb!



Children who spend an extra 25 minutes in energetic play or who walk for an extra 35 minutes each day may be buying insurance for stronger bones later in life.

Sedentary lifestyles are linked to osteoporosis (thinning bones). Dr. Ann Rowlands says, "a little exercise in childhood and greater consumption of calcium could go a long way in preventing osteoporosis."



Source: *International Symposium for Pediatric Work Physiology*,



## Emergency Plan: Does your family have one?

It is important to plan ahead for possible emergency situations. Does your family have an Earthquake Plan and the recommended supplies stored in an easily accessible place? (Water, food, flashlights with good batteries, blankets, first aid kit are some of the bare essentials). Do you have a plan in case of Fire or other kind of disaster? Hopefully these situations will never occur however; being properly prepared can help us to deal with them more effectively.

Over →

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## Fitness for Kids:

### Getting your child off the couch!

For many children, biking to the playground and playing kickball in the backyard have given way to watching television, playing video games and spending hours online. But it's never too late to get your kids off the couch. Use these simple tips to give your kids a lifelong appreciation for activities that strengthen their bodies.

#### Set a good example

If you want active kids, be active yourself. Take the stairs instead of the elevator. Park the car farther away from your destination. Talk about physical activity as an opportunity to take care of your body, rather than a punishment or a chore.



#### Limit screen time

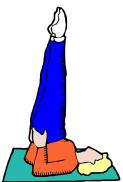
A surefire way to increase your children's activity levels is to limit the number of hours they're allowed to watch television each day. You might limit screen time - including television, video games and computer time - to two hours a day. To make it easier, don't put a television in your children's bedrooms, and keep the computer in a family area. Also limit other sedentary activities, such as text messaging or chatting on the phone.

If your children play video games, opt for those that require movement. Activity-oriented video games - such as dance video games and video games that use a player's physical movements to control what happens on the screen - boost a child's calorie-burning power. In a Mayo Clinic study, kids who traded sedentary screen time for active screen time more than doubled their energy expenditure.



#### Establish a routine

Set aside time each day for physical activity. Get up early with your children to walk the dog or do some yoga together after dinner. Start small, gradually adding new activities to the routine as you - and your children - become more fit.



#### Let your children set the pace

For many kids, organized sports are a great way to stay fit. But team sports or dance classes aren't the only options. If your child is artistically inclined, take a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym. If your child likes to read, walk or bike to the neighborhood library for a book. Or simply turn on your child's favorite music and dance in the living room.

#### Promote activity, not exercise

To keep your kids interested in fitness, make it fun.

- **Be silly.** Let younger children see how much fun you can have while being active. Run like a gorilla. Walk like a spider. Hop like a bunny. Stretch like a cat.
- **Get in the game.** Play catch, get the whole family involved in a game of tag or have a jump rope contest. Try classic movement games such as Simon says or red light, green light. If you don't remember the rules, make up your own!
- **Count your chores.** You might even make it a friendly challenge. Who can pull the most weeds out of the vegetable garden? Who can collect the most litter in the neighborhood? Who can shovel the craziest path in the snow?
- **Try an activity party.** For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.
- **Put your kids in charge.** Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and fast-food play areas all count. What matters is that you're doing something active.

"Incorporating physical activity into your children's lives does much more than promote a healthy weight," Dr. Laskowski says. "It sets the foundation for a lifetime of fitness and good health."

Source: Mayo Clinic, January 2007

## Have an Outstanding October and a Howlin' Halloween! Ms. Parks & Mrs. T

