

The Wilder World of Physical Education



What is Wilder Physical Education all about?

Wilder focuses on educating all students, regardless of their ability level and focus on the importance of health-related fitness. We do this by implementing the Physical Best Program into our curriculum.

Physical Best provides teachers with a guideline of how to combine fitness and nutrition within an activity setting, have active participation for all students (maximizing activity time), creating individualized activities so students can work at their own fitness/activity level, giving students

tools for lifelong activity, health-related physical activity for fitness and skill development that focuses on personal improvement, and Physical Best adheres to national standards for physical education.

Most importantly it helps us as educators provide students with information to help them understand and value the concepts of physical fitness and its relationship to a healthy lifestyle.

It's Not a Wild Idea to Be At Your Physical Best...

At Wilder it's not a wild idea to be at your physical best. We assess students Physical Best through the FitnessGram. The FitnessGram is a criterion-referenced test, meaning that student scores are compared to preset standard rather than each other. It indicates levels of health-related fitness necessary for good health and to reduce risk of diseases associated with sedentary lifestyles. The goal of this assessment is for students to score in the healthy fitness zone (HFZ) for each health-related fitness component (aerobic fitness, muscular strength, muscular endurance, flexibility, and body composition).

FitnessGram is unique because students receive scores as well as recommendations that are individualized to help them improve in the aspects of fitness.

The elementary students are introduced to the FitnessGram activities however, they are not tested. Elementary level students have the opportunity to practice and learn the process. At the middle level (6th-8th) students are reviewed on the testing procedures and have time to practice prior to testing to insure that all students are comfortable with the FitnessGram.

FITT

FREQUENCY

How often

INTENSITY

How hard

TIME

How long

TYPE

What Kind

FITT guidelines describe how to safely apply the 5 principles of training, overload, progression, specificity, regularity, and individuality.

"Students receive scores as well as recommendations"

The tests of the FitnessGram include:

- Pacer or Mile Run
- Curl-ups
- Push-ups
- Trunk Lift
- Sit and Reach
- Skin Fold Measurements or BMI

Practical
Health related
Youth fitness education
Standards based
Inclusive
Comprehensive
Age appropriate
Lifestyle emphasis
Behavioral approach
Enjoyable!
Self responsibility
Teaching energy balance

The Wild Things we've been Up to...

Students learned a great deal about the importance of health-related fitness and living an active lifestyle. Students put together a Sportfolio, a Sportfolio is a folder in which the students were able to decorate with different types of activities and call it their own. These Sportfolios are effective teaching devices that help the students understand and comprehend that we are doing in class.

Each student's portfolio provides a plethora of ideas for activities they can do outside of class to have fun and be physically active!

Because it was such a great success the physical education department will annually run a school-wide Pedomathon (pedometer activity). The grade levels will be collectively

competing against each other for a Fun Field Afternoon where the students instead of having the last two periods of the day will be able to play outside and participate in various activities.

Students have a step log that they record daily the amount of steps taken and at the end of the week hand it in to physical education office. Steps must be signed off by a parent/guardian. Every Monday we posted the results of the following week. At the end of the month the results were all added up and the grade level that one received their Fun Field Afternoon.

This year the 5th grade class won the Pedomathon with 150,645,201 steps! I cannot wait to see what wild number the winning grade comes up with next year!

Technology in the classroom

This year Wilder physical education got Hi-Tech. We were able to incorporate the use of heart rate (HR) monitors for grades 6th-8th.

The students found HR monitors to be an exciting way to learn about concepts for aerobic fitness. Students in the beginning of class took their resting heart rate (RHR) prior to any activity and were able to compare the difference between their exercise HR and RHR. The use of HR monitors encouraged students to get their intensity levels up therefore making their bodies work harder in class.



Contraindicated

Flexibility Exercises

Contraindicated exercises are exercises that have been determined to be unsafe or to have the potential for increasing injury. Injury from these exercises do not occur instantly, it can sometimes take weeks, months or even years for onset of injury to occur. Students should learn not to push themselves while parents and teachers should watch and be sure students do not perform the following exercises:

- **Neck roll (circling)**
- **Hurdler's stretch**
- **Back bends**
- **Prone arch**

WILD WINTER ACTIVITIES

K-3rd:

- **Walking with friends**
- **Sledding**
- **Dancing around the house**

4th -6th:

- **Building snow forts**
- **Snowball tag**
- **Swimming (indoors)**

7th-8th:

- **Cross-country skiing**
- **Ice skating**
- **Snow shoeing**
- **Shoveling the drive-way 😊**



Fun Family Fitness Activities

FAMILY CIRCUS

The winter is the perfect time to start practicing some of your favorite circus tricks with your family. Hula hoop, juggling, jump roping, dancing are all fun and relatively easy activities for you to perform indoors. So invite over your friends to come watch the greatest circus in town, *just make sure there is enough space!*

Be safe. Stay active.

Sarah Titus

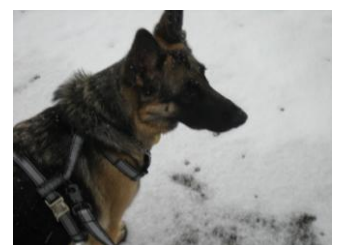
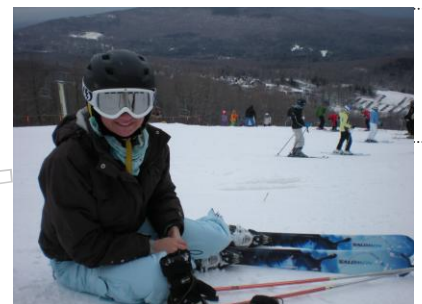
PE 261 Fitness Curriculums for K-12 Learners

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References:

1. *Physical Education for Lifelong Fitness: the Physical Best Teacher's Guide*. 2nd ed. Champaign, IL: Human Kinetics, 2005.
2. *Physical Best Activity Guide: Secondary Level*. Champaign, IL: Human Kinetics, 1999.
3. *Physical Best Activity Guide: Elementary Level*. Champaign, IL: Human Kinetics, 1999.



I enjoy skiing and walking my dog- What do you like to do?