

The Physical Educator

Health and Physical Education
Department, Freeport Area SD

Fall/Winter 2016



October is Drug Awareness Month

The 5th grade students at Buffalo Elementary created drug awareness posters for health class during the month of October. Our principal Mr. Poleski, fifth grade teachers, and special area teachers all voted on the best posters with the top three being sent to the Pennsylvania Attorney General's office for their calendar contest.

The top three vote getting posters chosen to be entered into the contest came from Killian Halleran, Ethan Yassem, and Madison Glenn. Out of 858 posters, Madison's was chosen to be used in the calendar during the month of October. Along with her creation being a part of the poster, Madison also got to choose a television, tablet, camera, or GoPro. It was obvious that many students put a lot of time and effort into their posters. Hopefully throughout this project, students learned about the dangers of drug use and the consequences that come along with using drugs.

The Truth About Energy Drinks

10th grade Health classes recently had a "Lab Day" in which they learned "the truth about energy drinks." In this lab, they watched videos, and completed readings about not only the amounts of caffeine in popular energy drinks, but also the exotic sounding compounds such as Guarana and Taurine. Many times these students have heard that energy drinks are just like sipping on a cup of coffee. They learned very quickly, that they are not.

Drinking multiple energy drinks in one day, or drinking them in quick succession can have serious effects on blood, blood vessels, and even the heart. Some energy drinks do their best to hide the dangerous ingredients which include those exotic sounding compounds, alarmingly high amounts of certain vitamins, and the dreaded "proprietary blend," which means that manufacturers do not have to disclose what ingredients are used in that blend. The students enjoyed this topic, and may think twice before they reach for an energy drink, or at the very least, consume them with caution.

New Fitness Records in PE 2016

...

Middle School

Isaac Spencer

Pull-Ups – 24

South Buffalo Elementary

Brady Sullivan (9 years old)

Shuttle Run – 9.6 seconds

James Hower (10 years old)

Pull-Ups – 14

Karsen Kronen (11 years old)

1 Mile Run – 6:32

Cyprian Sellinger (10 years old)

1 Mile Run – 6:40

Audrey Gregori (9 years old)

Pull-Ups – 13

Isabelle Emeloff (10 years old)

Sit & Reach – 12"

Ashlyn Negley (6 years old)

1 Mile Run – 9:11



A New Standard of Fitness

As far back as most of us can remember, assessment of the major components of fitness in physical education classes were based on pull-ups (muscular strength), a one mile run (cardiorespiratory endurance), sit and reach (flexibility), shuttle run (speed and agility), and sit-ups (muscular endurance). Students were given awards based on good or great performance on all of the assessments.

This will no longer be the case as we transition to the most current health and fitness assessment utilized by public schools called Presidential Youth Fitness Program (PYFP). PYFP utilizes a newer assessment style called FitnessGram which puts students into a “healthy zone” instead of the pass/fail model of the President’s Challenge. FitnessGram places more of an emphasis on our student’s overall health.

Assessments of FitnessGram include the Pacer Test, Curl-Ups, Push-Ups, Trunk Lift, Shoulder Stretch and Body Mass Index. Expect a complete transition in the district by the start of next school year.

Weight Loss Secret?

Actually it’s no secret at all; it’s more of a simple math equation. Here you go: caloric intake - caloric expenditure = your body weight going up or down. It really is that simple (assuming you have no outside medical condition). Here is an elementary approach: if you eat 2000 calories a day and only burn 1500 calories a day, your weight will increase over time. If you eat more than you burn, you will gain weight! I know that isn’t fun or great news, but it is a fact! If you burn more calories than you take in, you will lose weight. I know it seems as though it can’t be that simple, but it really is. Take a few weeks and closely monitor your daily caloric intake and compare it to your daily

expenditure. If you can find the discipline to control your eating and exercise regularly, you will be pleasantly surprised at your results.

Another aspect that will help you see good results, is exercising at the proper rate. By this I mean exercising in your target heart rate zone. With a little bit of math, you can easily determine what rate you need your heart to beat to insure optimal benefit to your exercise. First, find your Maximum heart rate (MHR) $220 - \text{age}$. Next take your MHR and multiply it by 60% and 80% ($200 \times .60 = 120$ and $200 \times .80 = 160$). Using these numbers, when your heartrate reaches 120, you have entered your zone. Exercising in your zone allows your body to burn calories efficiently. If your heart rate exceeds 80% of your maximum, your body is working too hard and loses the efficiency.

So in the end, there is no magic potion or secret at all. It comes down to discipline at the dinner table and willingness to exercise on a regular basis. If you can find the balance between eating and exercising, you will find good balance in the rest of your life!

Gearing Up for The Great RePlay

Heart disease is the leading cause of death in the United States for men and women. That is why Freeport Area Middle School, in conjunction with the American Heart Association (AHA), is looking forward to hosting The Great RePlay this upcoming spring. The Great RePlay is a fundraiser to benefit the AHA to raise awareness about heart disease and its devastating effects. More information will be provided to our middle school students after the holiday break. In the meantime, use your smartphone and follow the QR Code at the right to learn more.

