WELCOME TO PHYSICAL EDUCATION

Ms. Wickline

Mr. Winkelman
Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal behavior and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
PHYSICAL EDUCATION RULES

** DRESS EVERYDAY  
** RESPECT OTHERS  
** DO NOT USE EQUIPMENT WITHOUT SUPERVISION  
** DOUBLE WHISTLE = STOP  
** LEAVE ELECTRONICS AND VALUABLES IN SCHOOL LOCKER  
** AFTER CLASS SIT ON BENCH UNTIL BELL RINGS

“EVERY STUDENT, EVERY DAY, EVERY OPPORTUNITY”
ILLNESS and INJURY

• MINOR ILLNESS or INJURY---DRESS FOR CLASS
• MAJOR ILLNESS or INJURY---BRING DOCTOR NOTE

**DO NOT BRING PARENT NOTES!!!!**

**ALWAYS DRESS FOR PHYSICAL EDUCATION---**
YOU AND YOUR PHYSICAL EDUCATION TEACHER WILL DETERMINE YOUR LEVEL OF PARTICIPATION
Other rules

**Do not bring valuables to physical education-this includes PHONES**

**Three or more non-dress days will result in a lunch detention for the rest of the nine weeks**

**Tardy twice in a week and/or five times in a nine weeks will result in lunch detentions for the rest of the nine weeks**
Ms. Wickline’s webpage

Mr. Winkelman’s webpage

What does it take to be a physical education teacher?

• University of Akron- physical education degree
  • [www.uakron.edu](http://www.uakron.edu)
• Kent State University-physical education degree
  • [http://provostdata.kent.edu/roadmapweb/2013/EHBSPEPPEL.pdf](http://provostdata.kent.edu/roadmapweb/2013/EHBSPEPPEL.pdf)
  • [http://provostdata.kent.edu/roadmapweb/2013/EHBSPEPHPE.pdf](http://provostdata.kent.edu/roadmapweb/2013/EHBSPEPHPE.pdf)
What are the benefits of physical education?

**Improved Physical Fitness**
- Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

**Skill Development**
- Develops motor skills, which allow for safe, successful and satisfying participation in physical activities.

**Regular, Healthful Physical Activity**
- Provides a wide-range of developmentally appropriate activities for all children.

**Support of Other Subject Areas**
- Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.
What are the benefits of physical education?

**Self Discipline**
Facilitates development of student responsibility for health and fitness.

**Improved Judgment**
Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behavior.

**Stress Reduction**
Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.
What are the benefits of physical education?

**Strengthened Peer Relationships**
Physical education can be a major force in helping children socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

**Improved Self-confidence and Self-esteem**
Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

**Experience Setting Goals**
Gives children the opportunity to set and strive for personal, achievable goals.
Bolich physical education activities

- Track and field
- Frisbee
- Football
- Basketball
- Dance
- Volleyball
- Badminton
- Pickle ball

- Dodge ball
- Frisbee golf
- Fitness activities
- Fitness gram testing
Health Effects of Childhood Obesity

Childhood obesity has both immediate and long-term effects on health and well-being.

**Immediate health effects:**

• Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.\(^7\)

• Obese adolescents are more likely to have pre-diabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.\(^8,9\)

• Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.\(^5,6,10\)
**Long-term health effects:**

- Children and adolescents who are obese are likely to be obese as adults\(^{11-14}\) and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.\(^6\) One study showed that children who became obese as early as age 2 were more likely to be obese as adults.\(^{12}\)

- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin’s lymphoma.\(^{15}\)
In closing...

Becoming interested in physical activities NOW will help you for the REST OF YOUR LIFE!

Physical Education is more than “GYM CLASS”, it teaches you how to interact, cooperate and become a productive member of any team or job force

Little “bits” of activity are better than NO activity at all!!

Get friends or family involved and encourage each other!