

Almira Gators

Healthy Snack Recipe

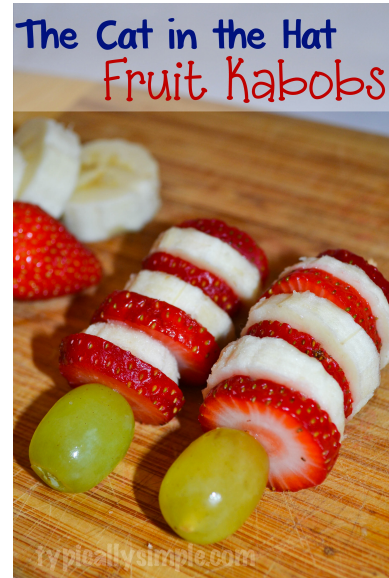
Fruit Hats

The Cat in the Hat is a classic that is easily recognizable.

Make the cat's hat out of strawberries and banana slices.

Place a strawberry on a long kebob, then place a banana slice

slice on the kebob, then a strawberry slice, and so on ending in a strawberry slice - to make the striped hat.



Rain, rain, go away, Come again another day.

"April rain is here again; Hear it pitter,
pitter, patter, On the leaves and on the
trees, See it spitter, spitter, spatter.
Rain, oh rain, don't go away We need
you for flow'rs in May; Drip, drip, drop
and do not stop, Send a little rain our
way."

- Nina B. Hartford, April Rain

Did you know.....

Sports drinks can contain about 3 times as much sugar as kids should consume in an entire day!

Check those nutrition labels and be a food detective!

9 Exercises to Try Out on the Play Ground!

1. Step Up-Step Down on the ladders or stairs! Great leg work out that will get your heart beating faster the faster you go!
2. Bench push-ups! Find a bench and either do incline push-ups with your hands on the bench or decline push-ups with your hands on the grass!
3. Money Bar Pull-ups! Hook your legs on one side and hold the other side and carefully pull yourself up towards the bar and then gently lower again.
4. Hanging Leg Tuck! Work on your abdominal muscles by hanging from a bar with your arms and slowly bringing your knees into your stomach and then releasing.
5. Climbing up and down the poles for upper body strength!
6. Climb the rock walls for upper and lower body strength!
7. Crunches against gravity! Put your legs up on the edge of the slide or over a bar and do some crunches fighting against the force of gravity!
8. Crab dips! Find an edge to put your hands on and do some crab dips by bending your elbows and pushing back up to start position.
9. Pull-ups at the top of the slide! Hold the bars at the top and lay down and slowly pull your body up using your arm muscles!

Take a look below to see where your kids fall in our list of events, games, and new skills.

Pre K -1

Our super scooters are now ready for some basic volleyball lead up games and cooperative group activities. Ask them about new moves, like “the tic tock clock” and “the ice skater,” from their warm ups. Health topics turn to outdoor activities and still focus on healthy eating.

2 – 3

Second and third graders are focused on the three steps that allow us to assimilate new skills and techniques-observe, imagine, and try. Warmer weather means more focus on flexibility. Health focuses on minor first aid, hydration, and how we can use our body to regulate our heart rate and body temperature.

4 – 5

Our 4th and 5th grades have completed the Fitnessgram assessment and are moving on to bigger things. Volleyball is our current focus, beginning with skills and leading up to full games. Health continues to focus on the F.I.T.T. principle: defining and measuring activity through Frequency, Intensity, Time, and Type.

6 – 8

Our 6th, 7th, and 8th graders have completed the OH State PE Assessments focuses on the following:

Standard 1: A physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: A physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: A physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: A physically literate individual exhibits responsible, personal and social behavior that respects self and others.

Standard 5: A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

REMINDER: We recommend that all students wear sneakers on the day they are scheduled for Physical Education to ensure their safety. Thank you!!

10 Top Reasons to Stretch

1. Decreases muscle stiffness/increases range of motion.
2. May reduce injury risk.
3. Helps relieve post-exercise aches and pains.
4. Improves posture.
5. Helps reduce or manage stress.
6. Reduces muscular tension and enhances muscular relaxation.
7. Improves mechanical efficiency and functional performance.
8. Prepares the body for the stress of exercise.
9. Promotes circulation.
10. Decreases the risk of low back pain.

“You are not
finished
when you
lose. You are
finished
when you
quit.”

Daily Workout Challenge

Parents complete this workout routine with your child 3-5 days a week for 4 weeks!

- 1 minute jog in place
 - 10 burpees
 - 1 minute scissors
 - 20 lunges
 - 1 minute plank hold
- *Repeat 3 times!!!

Physical Education Or Physical Activity?

In recent years we have seen an increase of prevention efforts to childhood obesity and with that comes confusion between the terms "physical education" and "physical activity." It is quite common that the words are used interchangeably but they truly differ in important ways.

Understanding what each one means is critical to understanding why both contribute to the development of healthy, active children. SHAPE (Society of Health and Physical Educators) America's stance is that every child in the United States deserves both a quality physical education and physical activity program.

Physical Education programs in schools offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and maintain an active lifestyle. Physical Education teachers not only assess student knowledge, motor and social skills, but also provide instruction in a safe, supportive environment. It is the recommendation by SHAPE America that schools provide 150 minutes of instructional physical education for elementary school children and the state of Ohio mandates that all students in grades 1- 8 receive an average of 60 minutes of Physical Education per week for the entire school year.

Physical Education should not be compared to or confused with other physical activity experiences such as recess or free play as Physical Education has a sequence of learning that physical activity does not.

Physical Education programs provide learning opportunities, appropriate instruction, and meaningful and challenging content for all children. Physical activity is defined as “bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves.” It is possible to receive similar health benefits as those received during a physical education class where the participant is active at an intensity that works their cardiorespiratory endurance (increased heart rate and heavier than normal breathing). Benefits of both include:

- Reduces the risk for overweight, diabetes and other chronic diseases
- Assists in improved academic performance
- Helps children feel better about themselves
- Reduces the risk for depression and the effects of stress
- Helps children prepare to be productive, healthy members of society and
- Improves overall quality of life.

5-2-1-0 Let's Go!

Let's Go! is a nationally recognized childhood obesity prevention program implemented throughout the country. We change environments where children and families live, learn work and play. We developed 5-2-1-0 as the foundation for change.

5 or more Fruit & Vegetables

2 hours or less Recreational Screen time

(Keep TV/computer out of the bedroom.)

1 hour or more of Physical Activity

0 sugary drinks, more water (H2O)

Congratulations to our Almira student

Ambassadors

(Troy Brown, Justin Eves, and Timothy Settles) for
participating in NFL Fuel Up to Play60!



Fuel Up to Play 60 (FUTP 60) is a leading national in-school health and wellness program launched by the **National Football League** (NFL) and **National Dairy Council**(NDC), which was founded by America's dairy farmers, in collaboration with the United States Department of Agriculture (USDA). Fuel Up to Play 60's primary focus is to help schools meet their wellness goals and encourage youth to consume nutrient-rich foods (low-fat and fat-free dairy, fruits, vegetables and whole grains and lean protein foods and achieve at least 60 minutes of physical activity each day.

National Physical Education and Sport Week



National PE Standards

SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

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Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Spanish

Estándar 1: La persona físicamente alfabetizada demuestra competencia en una variedad de habilidades motoras y patrones de movimiento.

Estándar 2: La persona físicamente alfabetizada aplica el conocimiento de los conceptos, principios, estrategias y tácticas relacionadas con el movimiento y el rendimiento.

Estándar 3: La persona físicamente alfabetizada demuestra el conocimiento y las habilidades para lograr y mantener un nivel de actividad física para la mejora de la salud.

Estándar 4: La persona físicamente alfabetizada demuestra un comportamiento personal y social responsable que muestra respeto por sí misma y por los demás.

Estándar 5: La persona físicamente alfabetizada reconoce el valor de la actividad física para la salud, el disfrute, el desafío, la auto-expresión y/o la interacción social.