

YOU SHOULD KNOW THAT **PHYSICAL EDUCATION** :



PROMOTES BRAIN CELL REGENERATION AND GROWTH THROUGH AEROBIC ACTIVITY. (Van Praag et al, 1999)

SPEEDS RECALL AND REASONING SKILLS THROUGH AEROBIC ACTIVITY. (Etnier et al, 1996) 🙄

REDUCES STRESS BY ENHANCING OXYGEN FLOW. (Bernardi et al, 2000)

REACHES ALL LEARNING STYLES THROUGH KINESTHETIC MOVEMENT. (Blaydes 1997)

STIMULATES KEY AREAS OF THE BRAIN THROUGH EXERCISE. (Greenough, 1991)

ORGANIZES BRAIN FUNCTIONS THROUGH CROSS LATERAL MOVEMENTS (Dennison, Hannaford, 2008)



IMPROVES READING CAPACITY THROUGH BALANCE ACTIVITIES AND EYE TRACKING EXERCISES. (Bladyes, 1997)

American Heart Association reported that **32%** of U.S. children age 🇺🇸 19 are considered at risk for obesity.

(<http://www.americanheart.org/presenter.jhtml?identifier=742> 2008)

Dupage Regional Office of Education reported that only **10%** of Wheaton Warrenville CUSD200 students K-12 who receive daily Physical Education are considered at risk for obesity.

(Fittrack/Physical Education Study, CUSD200. Dupage R.O.E., 2009)

Stay Fit for Life!

The Pleasant Hill Beat

Miss Morton

February 2010

Mr. Formanski

Basketball

During the month of February students completed a basketball unit. 3rd through 5th grade students focused different aspects of the game. We challenged students to train both dribbling hands not just their favorite. Our students tried different ball handing and dribble skills which included dribbling TWO basketballs at once. Games skills like passing, shooting, dribbling, and defense were other skills we practiced. At the end of the unit 4th and 5th grade students played 3 on 3 Progressive Basketball while 3rd graders were challenged in different lead up games. Some of our favorite lead up games include zone basketball, passing relay, and number

Saturday
March 13th and
Sunday March
14th March

“Raider”

Madness 3-on-
3 Basketball
Tournament at
Glenbard

South High
School. See
Miss Morton

for more

information.



ketball.

BALI-Handling SKILLS

Our K – 2nd students over the past couple of weeks did a great job, learning and mastering many ball handling skills. We learned how to bounce with two hands, dribble with both our left and right hands, dribble and travel at the same time, as well as many new tricks like the dribble 360 spin or the dribble clap 7 times and catch and finally the ever so scary dribble high and run underneath. You would be amazed at what cool things tricks kids can do with a basketball. Find a ball, hand it over, and prepare to be entertained!!!