

GameDay Gazette

a newsletter for healthy kids and their families

Volume 1 • Issue 2



Fit and Fun

Make Fitness a Family Affair

GameDay at the School will be introducing students to a whole new way of getting (and staying) fit. Through a huge variety of fun games and activities, your child(ren) will be discovering that fitness is fun!

So how can the entire family enjoy fitness as a family activity? Simple. Every month we'll bring you simple tips for encouraging fitness for the entire family. Not only will you be encouraging a lifetime of healthy living, you'll also enjoy all the benefits of more quality time with your family.

Getting Started

1. Schedule a regular time throughout the week for physical activity. Try to get in at least 30 minutes of moderate activity on most days of the week.
2. Take turns choosing activities for the family to do as a group each week.
3. Start a log of daily fitness activities for each family member. If you already keep track of household chores, add fitness fun to your log.
4. Include activities that are appropriate for any one with special needs and preferences. For example, if someone really dislikes running, don't sign the family up for a 10K run. Instead, consider a family fun run or other similar activity.
5. Help everyone to find activities that they enjoy and can succeed at.
6. Remember that it doesn't have to cost a lot of money to be an active family!

This Month...

Kindergarten

Students will be taking part in GameDay Prep. This sport activity focuses on basic skills including lining up and spacing.

Grades 1 and 2

Students will enjoy a full variety of Yard Games in this month's sport. Activities include traditional favorites such as hopscotch and tetherball as well as new games that are fun for all.

Grades 3, 4, 5 and 6

Students will be taking part in a series of Conditioning programs that will improve overall fitness and prepare students for state fitness tests.

Activity at Home

1. Designate indoor and outdoor play areas where rolling, climbing, jumping and tumbling are allowed.
2. Buy toys or equipment that promote physical activity.
3. Select fitness-oriented gifts with the recipient's skills and interests in mind.
4. Limit time spent watching television and playing video or computer games.
5. Use physical activity rather than food as a reward. For example, head to the park instead of the ice cream store.
6. Include other relatives and friends whenever possible.
7. Emphasize the importance of having fun and learning. Avoid winners and losers.
8. Get off the couch and change the channel manually. Better yet, turn the television off!
9. Spend as much time outdoors as possible.

Nutrition Bites

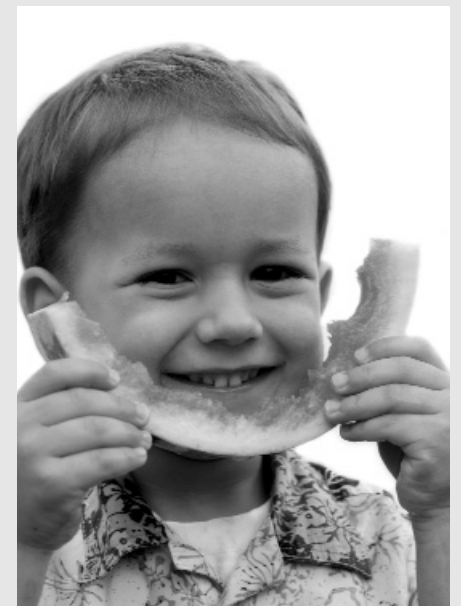
Healthy Snacks

Introducing healthy eating habits to your kids is very important especially in these days of take-out and drive-through meals. Eating healthy foods and snacks is a critical to all children's physical and mental development. Here are some ideas for fresh, tasty and healthy snacks perfect for after school or any other time of day.

Have chopped celery sticks on the table. Ask children if they would like their celery filled with either cream cheese or peanut butter. If they don't want any filling, don't force it. Offer olive slices, raisins or nuts for decorating their celery snack.

Do the same as above with crackers. Great choices for crackers are Ritz, saltine and graham crackers.

And always have fresh milk, water and juice available to drink.



Your Monthly Guide to GameDay Activities

Kindergarten: GameDay Prep

This month's activities will focus on:

- Forming groups and finding partners
- Making structured lines
- Following visual and spoken instructions
- Moving past other students without touching (no bumping)
- Learning different directions of movement: under, over, in front of, behind, next to, through, up, down, forward, backward, and sideways.

Did you Know? Improving the ability to move in different directions can reduce the risk of injury in everyday life (playing, walking, climbing stairs, etc.).

Homework: Throughout the day, point out different movement patterns to your child(ren). For example, "Is the yellow car behind the white one or next to it?" Or, "Can you put the knife on the right side of the fork?"

First Grade: Yard Games

This month's activities will focus on:

- Improving coordination, agility and balance
- Jumping and landing on one foot or two feet
- Hitting balls with hands
- Kicking, throwing and catching balls
- Following visual and spoken instructions

Did you Know? If you are thirsty, your body is already dehydrated. Drink at least eight glasses of water every day (soda and juice don't count) and an extra eight ounces of water for every 15 minutes of exercise.

Homework: Keep track of the glasses of water you drink every day. Make it a fun competition to see who can meet their goal of eight to 10 glasses each day.

Second Grade: Yard Games

This month's activities will focus on:

- Improving coordination, agility and balance
- Jumping and landing on one foot or two feet
- Hitting balls with hands
- Kicking, throwing and catching balls

Did you Know? Experts recommend that we all walk at least 10,000 steps every day for optimal health. The average person only gets around 3,500 steps each day.

Homework: Invest in an inexpensive pedometer (available at sporting goods stores) for each member of the family. Keep track of your daily steps and work toward reaching the goal of 10,000 steps per day. And every activity (cleaning room, walking dog, etc.) counts!

Third Grade: Conditioning

This month's activities will focus on:

- Improving coordination, agility and balance
- Developing strength in the upper, middle and lower body
- Increasing cardiorespiratory ability and endurance

Did you Know? A short warm-up and cool-down before and after exercise can reduce the risk of injury and improve performance.

Homework: Have your child(ren) show you some of the daily stretches they are performing during the warm-up and cool-down. Do these stretches before and after your family activities.

Fourth Grade: Conditioning

This month's activities will focus on:

- Improving coordination, agility and balance
- Developing strength in the upper, middle and lower body
- Increasing cardiorespiratory ability and endurance

Did you Know? The F.I.T.T. principles should be the foundation of every fitness program. They stand for

frequency (how often you exercise), *intensity* (how hard you work), *type* (what kind of exercise you are doing) and *time* (how long you exercise).

Homework: Keep a daily journal of your family's activity. Be sure to include the F.I.T.T. principles in your log.

Fifth Grade: Conditioning

This month's activities will focus on:

- Improving coordination, agility and balance
- Developing strength in the upper, middle and lower body
- Increasing cardiorespiratory ability and endurance

Did you Know? Overall strength (upper, middle and lower body) can help improve posture and reduce the risk of injury.

Homework: Find ways to incorporate simple strength exercises into your daily routine. Try performing sit-ups or push-ups during television commercials.

Sixth Grade: Conditioning

This month's activities will focus on:

- Improving coordination, agility and balance
- Developing strength in the upper, middle and lower body
- Increasing cardiorespiratory ability and endurance

Did you Know? Aerobic exercise means exercise with oxygen (running, walking, playing, etc.). Anaerobic exercise means without oxygen (lifting weights, stretching, etc.)

Homework: Have your child(ren) show you some of the conditioning exercises they have learned. See which ones are aerobic (heart-pumping) vs. anaerobic (less heart-pumping.)