

The Healthy Child



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Director of Physical Education,
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Garden City Public Schools

Physical Education & Health Mission Statement

Our mission is to empower all students to sustain regular, lifelong physical activity as a foundation for a healthy, productive and fulfilling life.

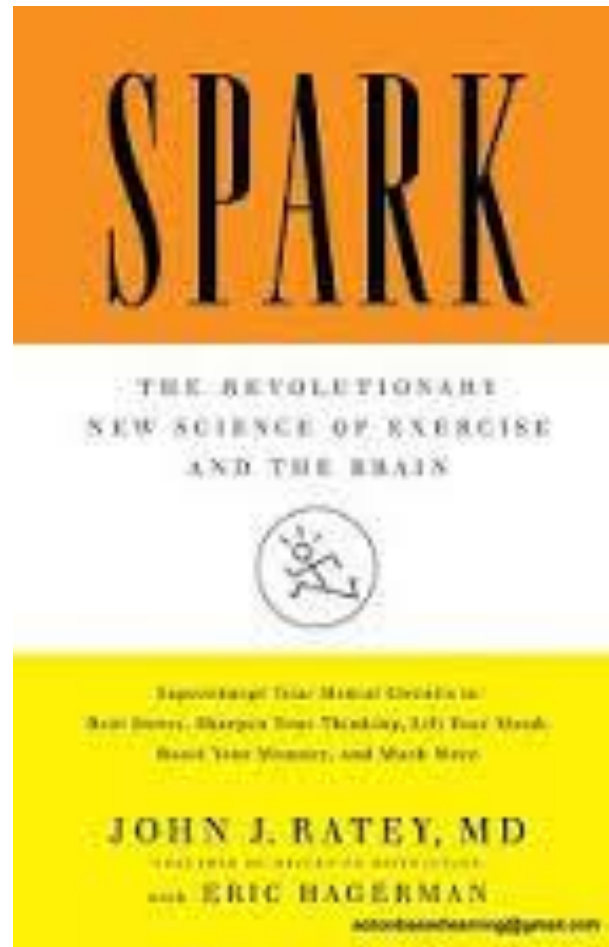
Ultimately students will be provided with the foundation for making informed decisions that will empower them to achieve and maintain a healthy active lifestyle.



Old School Physical Education

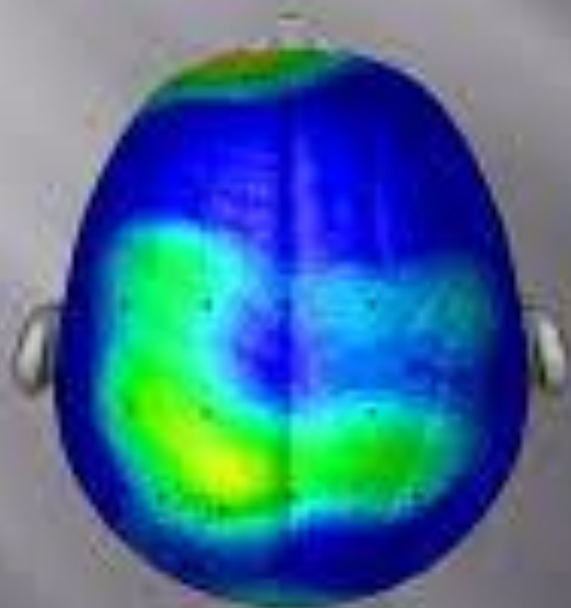


The Change Agent

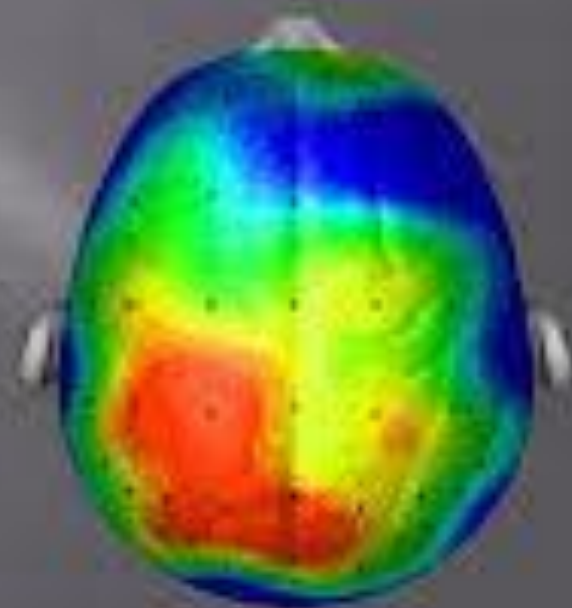


Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. David Putnam, University of Illinois

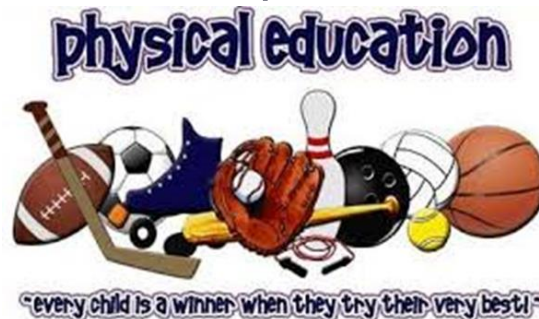
Benefits of a Physically Active Lifestyle

- Reduce Childhood Obesity
- Miracle Grow For The Brain
- Improves Focus & Attention
- Improved Academic Performance
- Character Education
- Life Lessons
- Reduces Stress & Anxiety



Physical Education and The Healthy Child

- Children require 60 minutes of rigorous physical activity in 15 to 20 minute intervals
- Develop Skillful Movers
- Develop Fundamental Skills ➡ Active Lifestyle
- Thematic Units
- Healthy Nutritional Choices
- Common Core
- 21st Century Instruction/Technology



21st Century Technology

Old School...

MHR=220-AGE

THR=220-AGE x % (Intensity of Workout)

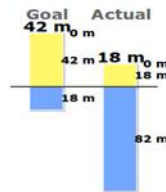
Garden City High School 21st Century Teaching...



Previous Heart Rate Data

Doe, Jane-3/15/12-Running One

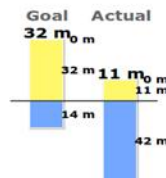
Pickup and Return: Thu, 03/15/2012 - 03:45pm to 05:25pm Peak: 226 Minimum: 40



More...

Doe, Jane-3/14/12-Spinning

Pickup and Return: Wed, 03/14/2012 - 02:09pm to 03:01pm Peak: 230 Minimum: 40



Instructionally POWERFUL!



Family Commitment to a Physically Active Lifestyle

- Provide a Variety of Opportunities
- Limit Computer/TV/Electronic Game Use
- Use Commercials as Opportunity to Exercise
- Provide Brain Breaks During Homework
- Model a Physically Active Lifestyle



Brain Breaks





“There is more in us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less.”

~Kurt Hahn