

## COACHES CORNER

Volume 1, Issue 3

March 2017

Kacy Hackett / hackettk@okee.k12.fl.us

Carol Linn / linnc@okee.k12.fl.us

### What we are doing in Physical Education this month

- 3-5 grades Track and Field (continued from Feb.)
- K-2- tennis skills-striking, eye and hand coordination
- K-5 Practicing skills to improve

### UP COMING EVENTS

WHAT: North Elementary Track and Field Event

WHEN: April 21  
TIME: 8:30-11:00  
WHERE: North

\*\*\*VOLUNTEERS \*\*\*  
NEEDED

WHAT: District Track and Field Event

WHEN: April 27  
TIME: 8:30-1:00  
WHERE: Okeechobee AG Center

## Running into March

If you want to see students get excited to come to school, just have track and field in P.E. We can't tell you how satisfying it is to be stopped in the hallway with questions about track and field. This is an area that students who aren't necessary giants in sports can succeed. There was one third grader who didn't want to compete in any running event. All students were required to participate one time in 50m, 100m, 200m, and 400m event so they could at least experience each event so they would be equipped to make a decision as to if they wanted to compete in these or not. So that third grader realized he was a great runner and signed up for 2 running events. This is what P. E. is all about.

The field events include softball throw and standing long jump.

### March SPOTLIGHT

Stay active during March's Spring Break. Play tennis, running games, kickball and don't forget to pull out the hula hoops and jump ropes!

We have been practicing all events in February. We have revamped how we do qualifying for each event. During P.E. specials students are running the events they are interested in and keeping their time or distances. When qualifying events are completed, Mrs. Hackett and myself will determine who the top 3 students in each class and events are and they will compete in the school track and field event on April 21. From this event it will be determined as to who will be going on to district completion at the AG center.

Our great K-2nd graders will be working with tennis rackets and balls. We are working on specific skills such as controlling the ball, holding the racket correctly and hand/eye coordination. These are

fun activities that can also be done at home.

### Finding Fitness: 3 Ways to Get in Exercise

Sometimes the problem isn't motivation — it's simply finding the time. But scheduling exercise isn't as difficult as you might think. Here are 10 ways to get you moving more often:

1. **Be less efficient.** People typically try to think of ways to make daily tasks easier. But if we make them harder, we can get more exercise, says Sabrena Merrill, MS, of Lawrence, Kan., a certified personal trainer, group fitness instructor, and spokeswoman for the American Council on Exercise (ACE). "Bring in the groceries from your car one bag at a time so you have to make several trips," Merrill says. "Put the laundry away a few items at a time, rather than carrying it up in a basket."
2. **Shun labor-saving devices.** Wash the car by hand rather than taking it to the car wash. "It takes about an hour and a half to do a good job, and in the meantime you've gotten great exercise," Merrill says. Use a push mower rather than a riding mower to groom your lawn.
3. **Going somewhere? Take the long way.** Walking up or down a few flights of stairs each day can be good for your heart. Avoid elevators and escalators whenever possible. If you ride the bus or subway to work, get off a stop before your office and walk the extra distance. When you go to the mall or the grocery store, park furthest from the entrance, not as close to it as you can, and you'll get a few extra minutes of walking — one of the best exercises there is, Dr. Fletcher says. "Walking is great because anyone can do it and you don't need any special equipment."

