



# PHYSICAL EDUCATION 2010

## PHYSICAL EDUCATION in FEBRUARY:



### **JUMP ROPE FOR HEART**



The month of February was a fantastic month in Physical Education Class. Students in all grade levels participated in Jump Rope for Heart! The younger students did some jump rope exploration, learned how to jump rope, and moved through a variety of jumping stations. They did an outstanding job!

The upper grades were amazing! I saw a lot of creative jumpers as they moved through the stations. We had students doing double unders and double dutch! Their tireless jumping earned them a break station. During their water break, students were able to watch the Firecrackers Jump Rope Team's half time show projected up onto a big screen. It was incredible and our students were inspired by the skills the Firecracker's demonstrated.

**Thank you to all the teachers, staff, students, parents and families that helped support the Jump Rope for Heart Event. You should expect the Thank You gifts in one to two months. They will be handed out in Physical Education class.**

## **SCOOTERVILLE**

**The students of Buker School were busy in the month of February. They became experienced scooter drivers. They even earned a drivers license during the Scooterville activity!**

**Scooterville is a land created with four different areas. The areas include; the beach, the country, the city and sports land. Students travel the streets of Scooterville on their scooter. They get gas at the gas station, swim in the frog pond, play a number of activities in sports land, and shop at the shopping centers. Each class had two police officers that were assigned to make sure everyone was following the rules of the land.**

**This child-centered activity was engaging and exciting for all grade levels. Many different skills were introduced, different muscle groups were utilized, and it was a great leg conditioning exercise. As well, it helped them to relate to the outside community and abide by rules of the road through the utilization of visual aides. There were stop signs, lights and emergency vehicles.**



*Fifth graders having fun with the chickens and pigs in the Country.*



*First graders moving through the City.*



## A LOOK INTO MARCH:



**It is March Madness in Physical Education class! March will be the month of basketball. The first week we will be working on our dribbling skills. The second week passing and shooting will be the focus. The third week we will be doing station work and/or small games. The 5<sup>th</sup> grade will be doing a March Madness Tournament.**



## IMPORTANT REMINDERS:

### D.E.A.M

HEALTHY HEART D.E.A.M went well!  
The 5<sup>th</sup> grade D.E.A.Mettes and the Heart Ambassadors did an excellent job. They helped lead the school in dance and were great role models for the younger students.

March D.E.A.M will take place on March 19th, 2010 at 8:45am inside of the gymnasium. We will have a new face leading us in D.E.A.M this month!

Because of this special occasion, some 4<sup>th</sup> graders will also take the stage.



## SOME TASTY RECIPES:

# CROCK POT PORK-STUFFED PEPPERS

## Ingredients:

- 2 pounds ground pork (or a combination of pork and beef)
- 4 large green peppers
- 1 large onion
- 2 carrots
- 4 cloves of garlic
- 1/2 head of cauliflower
- 6 ounce can of tomato paste
- 1 tablespoon dry oregano
- 1 tablespoon dry or fresh tarragon
- Salt and pepper to taste

## Instructions:

**Cut the tops of the peppers and clean the seeds out.**

**Arrange peppers in the Crock-Pot standing up and make sure they fit securely.**

**Grate onion, carrots, garlic and cauliflower in the food processor. You can also just chop them into small pieces with a knife if you don't have a food processor.**

**In a big bowl, combine ground pork, shredded vegetables, seasonings and tomato paste.**

**Add salt and pepper to taste. Stuff the peppers with the mixture and arrange leftover meat between the peppers. Add half a cup of water, cover and cook on low for 8-10 hours.**

**If you don't have a slow-cooker, the dish can be cooked in the oven, covered, for 1-2 hours.**

*\*Recipe from Marks Daily Apple\**



# ALMOND MACAROONS



## **Ingredients:**

1-1/4 cups almonds  
1/8 teaspoon cinnamon  
2 tablespoons grated lemon peel  
2 egg whites, beaten  
1/4 cup raw honey  
2 tablespoons lemon juice

## **Instructions:**

Grind almonds coarsely. Combine cinnamon and lemon. Beat egg whites, fold in honey and continue beating. Fold in lemon juice with almond mixture and blend. Drop from a teaspoon onto ungreased parchment paper.

Bake 30 minutes at 250 degrees F. Remove from paper while still slightly warm. Makes 4 macaroons.

*(Recipe from [Paleodiet.com](http://Paleodiet.com))*

**If you have any questions regarding the activities we are engaging in during Physical Education, please e-mail me.**

Thanks,

Ms. Gomes

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