

**From:** [PE4life](#)  
**To:** [Melanie Modlin](#)  
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April 2, 2009  
**Newsletter**

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## Carol M. White PE4life School District Introductory Package Scholarship Winner!

We are pleased to announce that the Millcreek Township School District of Erie, PA has won the Introductory Package Scholarship that was made available at the 2008 PEP Grant Resource Conference. The \$7,500 scholarship was awarded to this school district for their inspiring essay of how winning the PEP Grant has improved the lives of students in their school district and what the grant has meant to their community.

This scholarship was set up to honor Carol M. White, the former legislative assistant, and later, Chief of Staff, to a leading Senator in Congress. It was Carol who had a vision about what it would mean to involve everyone in the community in the process of transforming physical education programs. She believed the process should embrace technology, involve innovation, and most of all - be fun for students! She was instrumental in the PEP Grant being written, and subsequently, it was named after her... the Carol M. White PEP Grant.



## PE4life

127 West 10th Street  
Kansas City, MO 64105  
(816) 472-7345  
[www.pe4life.org](http://www.pe4life.org)

## 2009 PE4life Summit: Getting Results - The PE4life Experience

Ready to adopt the PE4life philosophy into your school or community but not sure how? Join us June 19, 2009 in Bentonville, AR as we host the 2009 PE4life Summit. This event is designed to share our vision for quality, daily PE for all children as well as provide applicable knowledge that you can take home with you to begin the implementation right away. For more information or to register now, click [here](#).

**Old High Middle School**  
**406 NW 2nd Street Bentonville, AR**  
**72712**  
**Friday, June 19, 2009**  
**8:00 - 4:30 pm**

## What is Physical Fitness and Why is it Important?

When my parents were children, fitness was not an option. It was a way of life. Walking was the main form of transportation and the physical labor involved in daily tasks of farming, food preparation and even hygiene ensured people maintained a minimum level of fitness. Physical Education was seen as a path to increased discipline, sports participation and fun. As daily living

Congratulations Millcreed Township School District!

## Sponsor Spotlight

### Human Kinetics



Stimulus funding for physical education? Some of the stimulus funds are designated for statewide educational technology and data systems. Did you know Fitnessgram®/Activitygram® is being used statewide in California, Texas, and Delaware to collect data and look at how fitness and physical activity affects childrens' performance in other areas, like academics and attendance? And Fitnessgram/Activitygram software is a one-time purchase with free technical support included. Interested in using Fitnessgram/Activitygram in your school, district, or state? Visit [www.Fitnessgram.net](http://www.Fitnessgram.net) for more information or email your K-12 sales representative at [k12sales@hkusa.com](mailto:k12sales@hkusa.com).

### Dodgeball: Harmless Form of Exercise or Humiliating Game? You be the Judge!

"If you're going to become true dodgeballers, then you've got to learn the five d's of dodgeball: dodge, duck, dip, dive and dodge!" Perhaps it was Ben Stiller's portrayal of a ridiculously over-the-top professional dodgeball player in 2004's "Dodgeball: A True Underdog Story" that has brought the game back to life in schools. Whatever the case, recent reports show that some physical education programs are bringing back variations of the controversial sport.

Dodgeball, also known as prisonball, warball, and in the worst case scenario, murderball, has been wildly popular among university campuses and adult leagues for years, but was on the decline not long ago with many school districts even outlawing the game. So why the sudden change? According to an article in Lawrence Journal World, one school in Lawrence, KS, has been allowed to reintroduce the game thanks to a proposal to use "softer, Nerf-type balls." Stogsdill, the PE teacher at the Lawrence elementary school claims the advantage isn't just that the kids love it, but that it's also a "great form of exercise."

requirements have become less physically demanding, subsequent generations have been required to focus consciously on staying fit or suffer the consequences of hypokinetic diseases or conditions. (Yes it is a word, meaning too little activity/movement). Hypokinetic diseases/conditions once associated with aging (type II diabetes, osteoporosis, arthritis, cardiovascular disease, obesity) are attacking our youth in increasing numbers. These societal changes and the subsequent effects require us, as Physical Educators, to make changes in our classrooms to meet the needs of our students, all of our students. We can do this by shifting the focus from team sports skills to health-related fitness. This does not mean excluding the teaching of games and sports, but simply altering the method of delivery and the focus.

Physical fitness is the body's ability to function in work, play and daily activities efficiently and effectively. Generally fitness components are viewed as health-related or skill-related. The five health components include cardiovascular endurance, flexibility, muscular strength and endurance and body composition. Moderate levels of fitness in each of these can have a positive effect on our health status. Skill-related fitness components include but are not limited to: agility, balance, coordination, power, reaction time and speed. High levels of these are generally associated with increased performance in sports and some work and recreational activities.

How do we make the shift to a more fitness-centered approach? Examine current methods and activities. Which activities and methods currently used contribute to the health fitness of our students? Do we educate students on the process of fitness and teach in such a way that they learn to value and enjoy activity? Do we provide an environment that is supportive to students at all levels of ability? Are students engaged in activity most of the class (little standing in line, few off-task behaviors?) Do we measure health-related fitness using criterion referenced tests conveying a "healthy zone" versus normative results (comparing students to each other?) Do we provide

While some physical educators agree that the sport can be a great form of exercise and that kids love it, others would beg to differ. The Washington Post featured an article in 2001 by Marjorie Williams that states "In today's world, with so many things breeding violent behavior in children, there is no room for dodgeball anymore." The article goes on to say dodge ball "sets up the potential for teasing and ridicule."

So, is dodgeball just a harmless game as some claim? Or is it a humiliating sport that traumatizes kids? We want to know what you think, logon to our [homepage](#) and answer the survey in the lower left hand corner.

## Creative Fundraising Tips

Running out of creative ways to fund your PE program? Have you tried any of the following?

- Sell apparel
- Create a catalog for parents to donate items
- Participate in Hoops for Heart
- Host a PE basketball tournament
- Use equipment you have to host fundraiser – XaviX Olympics or DDR Dance-Off
- Check out local organizations that allow you to volunteer for a percentage of profits, often times sporting venues have a program for this
- Have the whole school collect aluminum cans for recycling and use the money to purchase equipment. To read about a real PE program that did this, click [here](#).
- Host a mini-golf fundraiser tournament
- Use the season to your advantage, for Spring, try selling flower bulbs and gardening supplies.

For additional ideas check out [www.fundraiserhelp.com](http://www.fundraiserhelp.com). Remember, **don't give up!** Some of the best funded monies come from the most unexpected places!

individualized feedback and exercise prescription, assisting students with goal creation? Ask yourself, "What is the most important thing I can teach my students?" I would contend it is the knowledge, skills and desire to take care of their physical body; to instill a desire and appreciation for lifelong physical activity in pursuit of a higher quality of living.

I challenge you, in settings that are not ideal with little time, equipment and space, to be creative and selective in your delivery of activities and to create a plan to increase your resources. Provide activities which are appropriate for a wide range of student abilities and interest. I hope you convey to your students how fun effective physical activity can be! Athletes and those who are less inclined to sports performance can find the same encouragement and enjoyment in your Physical Education class. The idea behind this fitness-centered approach to Physical Education is to engage all of our students at some level.

This may seem obvious to many of you, if so continue your good work. I ask you to share your challenges and discoveries with PE4life, your fellow teachers, administrators, parents and community because I come upon many people who do not value fitness or fully recognize its vital importance to the well being of our youth and our future. To learn more about what PE4life can offer your school and community visit the [program support](#) page of our website.

Teresa Dilley, MA, ACSM-HFS  
PE4life, Program Support Manger  
[tdilley@pe4life.org](mailto:tdilley@pe4life.org)

## New Preferred Partners

### Skillastics



Skillastics® is a series of standards-based, fitness, sport-specific and nutritional programs that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at

one time. Easy to set up and teach, Skillastics® develops confidence, facilitates cooperation, and instills positive exercise and nutritional habits that a lifetime! Skillastics® is an attitude, a methodology that allows ALL children from pre-K to 12th grade to have a positive experience in being physically active!



Over 10,000 quality programs have adopted Skillastics®, and are raving about how it provides effective standards-based education principals all in the atmosphere of FUN! To view a video of children playing Skillastics®, and to learn how Skillastics® can significantly add value to your school or organization, please visit us at: [www.skillastics.com](http://www.skillastics.com).

## Railyard



Climbing, jumping, crawling, and ducking—it's fun and it's the original functional fitness. This is what your students will find when you put them on the Railyard Conditioning Course; the new, portable, obstacle course designed for use in elementary, middle, and high schools.

Exercise on the Railyard is easy to teach and encourages individual accomplishment and creativity. Every student will find a level of success on the Railyard that will inspire them to try harder, building self-esteem through their achievements. Your students will see improvements in their strength, cardiovascular conditioning, balance, coordination, agility, flexibility, and posture, as a result of exercise on the Railyard—all important and desirable results.

*“Our School uses the Railyard Obstacle Course. Every PE program in the country should have a Railyard in their program.” Phil Lawler, PE4life, Director of Education and Training*

Exercise on the Railyard requires a child to think ahead, creating and implementing movement patterns that will transport them around, across, over, and under the Course.

Exercise on the Railyard requires a child to utilize bio-motor movements that challenge both sides of their brain. This type of training is at the core of brain-based learning. And, exercise on the Railyard is fun—so much fun, your students will not know they are getting a workout so complete and effective, it is used by hundreds of professional athletes from every sport around the world.

The Railyard Conditioning Course will be the most versatile exercise equipment in your school. It can be used by children as young as 5 years old, as well as the math club, student athletes, cheer squad, teachers, and even the administration and maintenance staff. The Railyard is so lightweight, it can be assembled by your students and is incredibly strong. It's easy to set up in a variety of layouts or workstations, then disassembled and stored in a very small area.

Railyard Fitness is proud to be a Platinum Sponsor of PE4life. We share the PE4life philosophy of exercise, offered to every child every day, and we are committed to see every child receives the physical and psychological advantages exercise provides.

\* Please do not respond to this email. If you have questions, comments, or wish to be taken out of our database, please send your name to Melanie Modlin at [mmodlin@pe4life.org](mailto:mmodlin@pe4life.org).

**PE4life**