

Winter 2015 Physical Education Newsletter Henry B. Burkland & Mary K. Goode Schools

Hello Middleboro students and families! The physical education department wanted to take a minute to give you some ideas about ways to stay active with all this snow and the cold temperatures! We also wanted to take a moment to remind the families of our 3rd, 4th and 5th graders that our students finished their first round of fitness testing in the fall and will have another round in the spring. Many of the students set goals for themselves to improve in at least one area of testing. Now would be a great time to ask them about their goals! Remember that you can always access the Fitnessgram cadences online to help your student practice! Thank you for your support and always remembering to send your students with sneakers on physical education days!!

- The Physical Education Department

Come have your OWN Recess!!!

School's out but you are welcome to visit!! The outdoor facilities are always available for your use when school is not in session. Go for a jog or bike ride around the oval, remember that 8 laps equals 1 mile! The play structure has many options for upper body workouts and you are welcome to have a snowman building contest inside the oval! If there is snow you could have sled-pulling races around the oval! Make sure you remember to rehydrate with some water even though it is cold outside! Your body still needs water when you're active!

Circuit Training Challenge!

Circuit training is a great way to stay active that requires little equipment and not much space, so it can easily be done indoors! It is flexible because you can choose the number of times you complete the circuit AND the number of seconds or times you do each exercise! You also choose to not do certain exercises and replace them with others. Here is an example fitness circuit that we challenge you to complete at least 4 times over vacation!

1. 20 mountain climbers
2. 5 push ups
3. 10 walking lunges
4. 40 jumping jacks
5. 15 curl ups
6. Run 3 times up and down the stairs
7. 10 Burpees
8. 10 air squats
9. 10 crab dips
10. Drink 2 sips of water
11. Repeat steps 1-10 as many times as you can!



Homemade, Creative Activity Ideas!

Make your own Jump Rope: Jumping rope is a great cardiovascular exercise that is simple to do and easy and inexpensive to make! You can use an old clothesline rope cut to reach from armpit down to sneaker and back up to the other armpit!

Crepe Paper Streamers: Take pieces of crepe paper and use them to make creative sequences! Add some music and make it a dance routine to show your family, or do it silently and add some gymnastics movements! Crepe paper can also be used for juggling, sky writing, or even circus movements!

Laundry Basket-ball: Take a couple pieces of newspaper and crunch it up into a ball. Use a little tape to hold the ball shape and grab a couple laundry baskets to play some safe, indoor basketball! Don't forget to give and go!

Commercial Fitness Breaks!

Watching some of your favorite shows? Don't you hate when the commercials come on? Instead of just sitting and waiting, see how many of a certain exercise you can do before the show comes back! How many pushups can you do on the break? How many crunches? Can you hold a plank for the whole break? Share your challenge with your family members!

Ice Skating! A great form of exercising your whole body!

FMC Ice Sports: \$5 Free Skate and \$5 Skate Rental

- **Aleixo Skating Arena, 1 Hon Gordon Owen Riverway Taunton, MA 02780 - Phone: 508-824-4987**
 - **Free Skate Hours:**
Mon-Fri 12:30-2:30 pm
Sun 2:30-4:30 pm
- **Armstrong Arena, 103 Long Pond Road, Plymouth, MA 02360 Phone: 508-746-8825**
 - **Free Skate Hours:**
Mon, Wed, Thurs 12:00-2:00 pm
Tues 10:00 am-2:00 pm
Fri 12:00-2:00 pm, 8:30-10:30 pm
Sat 1:30-3:30 pm
Sun 3:00-5:00 pm



The BOKS program is up and running again! The BOKS program is a before school program that gets students active and gets their brains activated for a great school day! The next round starts March 16th and runs through May 28th. The students get dropped off at the school at 7:45 and go right to classes from there at 8:30. Please take advantage of this fantastic opportunity!!