PE Central Scavenger Hunt

1. Go to Grants for Teachers on PE Central home page. Explain in 3-4 the My Coke Rewards School Program fundraising program.
   The fundraising program raises money for schools in buying athletic equipment and school supplies. The points come from Coca-Cola products such as coke, sprite, fanta, and some others. It takes a certain number of points to get things sent to your school.

2. What is the purpose of the PE Central Challenge? Discuss in approximately 3-5 sentences.
   The Purpose of PE Central Challenge is to get the kids to involved in their schools. The teacher pay’s $20.00 to sign up for the PE central challenge. The challenge is 5 months long and the teacher reports to PEcentral.com the results of their challenge. The teacher needs 30 pins to participate, any they don’t have they must pay extra for.

3. What are the PE Central Challenge Tasks and why do you think these tasks were selected? Please list the tasks and provide a brief paragraph (minimum of 4 sentences) to support your answer.
   There are 7 tasks. The tasks include balance, shuffle, hula hoop, jump rope, volleyball, throw and catch, and paddle strike. These tasks are all tasks that are easily practiced and ones that students can do outside of school to get pins. The idea of this is to have students do these fun tasks outside of school.

4. Click on the content tab on the navigation bar. Go to the section, “Creating a Positive Climate for Learning”, and click on “Tips for beginning teachers.” List three tips that you believe you might use in a PE setting and describe why you would use them. Lists the three chosen tips and discuss your choices in a minimum of 5 sentences.
   There three tips that stood out to me the most were “keep your back to the wall”, look students in the eye, and being consistent in applying consequences out to students. The reason for the first 2 are very similar, if you are not using your full body language to communicate and connect with your students then they will not listen as well as the would be if you were looking them in the eye and facing them. Misbehaving is very common in PE class and the punishments for each rule broken should be the same for each student every single time the rule is broken, no matter how much you like them or not.

5. From the “Top Web sites” link, select a website that interests you and in one paragraph (minimum of 5 sentences), summarize why this would be a good
website for classroom teachers to use.

MyPyramid.Gov is a great website that uses the idea of the food pyramid and makes it fit to an individual. A teacher could use a lab to have each kid do their own food pyramid and find out what they should be eating and how much each day depending on their size and amount of exercise. Instead of the normal food pyramid this one will help each student understand their own body better.

6. Go to “Bulletin Board Ideas” and select three different types of bulletin boards and tell (in approximately 3-5 sentences for each bulletin board selected) why you think each is effective in passing on a message to students. To label your choices, list the person who submitted the idea and their school.

The Health Benefits poster was submitted by Max Krieger and is meant for all grades. It informs students about the benefits to living a healthy lifestyle. It also stresses the points of how to achieve each part of the lifestyle with bullets on how to achieve it. Like for strong bones one of the bulletins would say drink milk.

Mark Bergeron Jr. has a picture of the food pyramid. The pyramid has pictures of different foods that belong in each category. Educating the elementary school kids on visually picturing each food in a certain food group. Meant for grades k-5.

Steps to a Healthy Heart is a poster done by Laura Campbell. The bulletin shows students different things to improve and maintain heart health. Things such as running, avoiding tobacco, and managing stress. The ideas are written on pictures of shoes on the soles. This idea is meant for kids all the way through middle school. Probably starting in third grade though.

7. Go to “Lesson Ideas” and then to “Grades 3-5.” Review three lessons and discuss your ideas on how well you think the ideas would work. List the names of each lesson and provide a discussion of approximately 4-5 sentences for each of your selected lesson ideas.

Heart walkers is an idea that uses a pedometer which counts steps. The teacher starts with one red and one blue yarn ball and hands them randomly to 2 students. If a student receives a red ball they have to run 2 laps as fast as they can, then use a stethoscope to see if they have run hard. They had previously taken their heart rate so they can learn the difference of their own heart racing as they run and stop running. This idea is meant for elementary school children.

The nutrition scooter relay is a relay that has students scooter to one side of the gym and pick up a food they think is healthy, then scooter back. The food they picked is worth a certain amount of points based on how healthy the food is. This idea teaches students to pick healthy foods instead of unhealthy ones.

Soccer Golf is an idea used for students that have previously learned in another previous lesson the rules of golf. They apply the rules of golf to kicking a soccer ball into hula hoops. They count the kicks it took to get it in each of the hula hoops using cones as obstacles. It is meant for students to combine their knowledge of golf and their ability to kick a ball.

8. As a teacher you may need to purchase resource “reading” materials in order to teach children about physical activity. Go to “shop” and then to “elementary.” From the list describe the three resources you are most likely to purchase and why. Please list the resource and provide approximately a 3-5 sentence
I would get the Physical Education Funbook for grades k-8. It is a book that can work for all elementary grade levels and also middle school if you decide to ever change. It only cost $20 which is relatively cheap compared to the others and for what it provides. Its purpose is to motivate students through them having fun doing the activities.

The Elementary Physical Education Workbook is another one of the resources I would buy. It is first of all one of the cheapest only priced at $16, and seems just as resourceful as any of the others. The purpose of this resource is to teach the teacher tricks to make teaching more enjoyable. There are lists to help teachers easily evaluate their student’s performance and ability. It seems like a lot of fun.

Physical Education Unit Plans for Grades 1-2 Seems to have fantastic activity’s and tips that apply very well to kids in grades 1-2. It’s hard to understand kids that age sometimes and this resource seems to help teachers understand what students want and need out of Physical Education.

9. Go to S&S PE Superstore and look at the equipment. If you had $100 set aside to purchase equipment to use in your classroom to help children develop physical skills what would you purchase? List the items and prices and a possible activities you would implement with the equipment.
   - 3 dozen baseball sized yarnballs- $63.50
   - 1 dozen softball sized yarnballs-$36.60

   I would purchase Yarnballs in both softball size and baseball size. It cost’s $24.50 for a dozen of the baseball sized ones and $36.60 for the softball ones. On the website www.morleyathletic.com they list these prices. I would buy 1 dozen baseball size and 1 dozen softball size ones to help students learn to throw and use their body to learn the mechanics. These balls seem to be very nice products.

10. Go to the PE Central Media Center, and then click on PE Videos. Scroll down to the Teaching Skills section and watch the Teaching by Invitation video. What does it mean, to “teach by invitation”, and why may it be important and beneficial
in the classroom? Discuss this in a minimum of 5 sentences. Provide 2 examples of how you might use this teaching strategy in your classroom.

Teaching by invitation gives some of the teaching into the student’s hands in a way. It gives them a reasonable couple options to do like using their right or left hand to dribble a basketball or using their left or right foot to dribble a soccer ball. It gives kids the opportunity to do what they want to keep them interested in doing the activity. It is a great way to keep the students from getting bored doing the activity. I would use this in basketball and soccer dribbling drills. To challenge the kids i would try to have them use both their non dominant and dominant hand/ foot.

12. Click on the Sites section of the drop down navigation bar, and then choose Integration. Then, click on the Activity Energizers for the Classroom link and scroll down to the Elementary School Energizers link. Explain what “Energizers” are and why they were developed (discuss this in approximately 3-5 sentences). Then choose 3 of the lessons to review that you feel are relevant to you as a teacher and write a brief summary of each (approximately 3-5 sentences for each summary).

Energizers are different activities that have an educational propose. Energizers were developed to meet the North Carolina Public Schools Phys ED policies. The Energizers seem to be working for teachers everywhere. The Energizers were developed by the University of East Carolina, and started in January of 2003. There are multiple websites today with all different kinds of energizers.

Hand, hand, fingers, thumb is a great energizer that has a teacher reading while the students are marching at their desks around the room, acting out what the monkey in the story is doing. Wherever the teacher reads “Dum Ditty Dum Ditty Dum Dum Dum” or any reference to drumming the students will drum on either their knee’s or on the desks for 15 seconds.

Space Jam is when the teacher reads a story and for every verb the teacher reads there is a 15 second pause while the students act out the verb. The story seems to be a very good one with many different verbs. Including run, step quickly, jump, and march, etc.

Hit the Desk is one I would use in my class. The teacher places a deck of cards infront of the class and has students come up and pick one card. A heart symbolizes the student will have to touch elbow to knee chrunches for 20 seconds. A diamond is jog in place, club is modified push ups, and spade is jumping jacks.

13. Click Programs, and then choose Log It from the drop down. Describe the Log It program and list its features (provide an overview in approximately 4-6 sentences).

Log it is a site that has students log in their amount of steps they have done on their pedometer. The purpose of this is to have students moving in and outside of pe class. This may help motivate the students to take as many steps as they can each day. Which could be a fun challenge for the kids to do.

14. From the main page, click on Content from nav bar and click Adapted PE. Click
on the Disability Fact Sheets; click on “Diabetes Mellitus”. Describe/summarize this disease in approximately 4-5 sentences. Look over the PE goals for students with diabetes and the recommended activities. Look at the effective teaching strategies. List 4 things you should do for students with diabetes.

Diabetes is a very tricky disease. It can greatly affect students’ ability to perform certain tasks. If the body does not have enough insulin in their blood then it reduces their ability to make energy. You should encourage the students with diabetes to eat a healthy snack BEFORE class. Also encourage them that they do not have to push themselves if they ever feel lightheaded or weak.