

Keith Valley Middle School

Health & Physical Ed. Newsletter

Hatboro-Horsham School District

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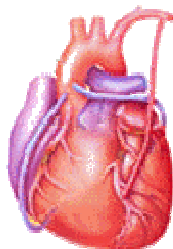
Conference News!

The Keith Valley Health and Physical Education department will be making a presentation at the upcoming PSAHPERD (Pennsylvania Association for Health, Physical Education, Recreation and Dance) convention on November 20 in Valley Forge. "Bringing Fitness Scores to Life" is the theme of the presentation that details our sixth grade fitness project. The project, which is completed in Health class, has the students analyze their individual fitness assessment results and facilitate the design of a personal fitness plan. In addition, our presentation will highlight other aspects of our Health/PE curriculum and programs to other Health/PE educators from the commonwealth.



Fitness Assessments

The reverse side of this newsletter contains personal fitness assessment results for push-ups, sit-ups, mile run, and sit-and-reach (flexibility). For comparison purposes, the report contains the KVMS averages for each grade/gender. The bottom of the report includes pertinent information concerning the fitness components of each assessment and recommendations for improving or maintaining current fitness levels. Examples of various types of physical activity are also included to help guide



individual fitness plans. For additional exercise and activity ideas, please visit the KVMS Health & P.E. web page on the district internet site.

www.hatboro-horsham.org/kvms

Health Education

Health Education classes will get underway in the second quarter of the school year. The curriculum for sixth grade students covers personal health and fitness. In seventh grade Health the focus will be on tobacco, drug use and abuse along with peer pressure and refusal skills. The eighth grade Health classes will study communicable diseases, heart disease, cancer, and human reproduction.

Did you know?

- ♦ Hand washing is the most preventative action that can be taken to stop the spread of communicable disease.
- ♦ If all 600 muscles in your body pulled in one direction, you

could lift 25 tons.

- ♦ The human body has 45 miles of nerves.
- ♦ When we breathe, the air passes through our nose at about 4 miles per hour and we breathe roughly 400 gallons of air every hour.
- ♦ Placed end to end, the blood vessels in your body would stretch almost three times around the equator.
- ♦ Consistent exercise teaches your body how to be an efficient fat-burner, rather than a fat-storer.

The following are informational websites that provide detailed information on health and fitness:

www.kidshealth.org

www.americanheart.org

