

# Play Nice! Newsletter

February 2005 ©peacefulplaygrounds 2005

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Peaceful Playground

## Physical Education: An Ounce of Prevention is Worth a Pound of Cure

If students do not participate regularly in physical education throughout their K-12 education, their potential for lifelong physical activity and, by extension, lifelong health will suffer. "Physical Education is an integral part of the total education of every child," states the National Association for Sport and Physical Education (NASPE). "Quality Physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility, and enjoyment of physical activity for all students so that they may remain active for a lifetime. Physical Education Programs can provide these benefits if they are well planned and well implemented." And trying to save money now by eliminating physical education programs, according to NASPE's Kim Garber, speaking at the Healthy Schools Summit, will be disastrous in the long term. "What is saved by starving health promotion activities in schools will be lost a thousand-fold by spiraling healthcare costs down the line."

*Action for Healthy Kids Proceedings*

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)



## School Talk!

Schools are an obvious and logical place to begin our quest for healthier students. We have to be able to provide a healthy, wholesome environment for them.

Eric Andell,  
Under-  
secretary,  
US Dept. of  
Education

## What Phys. Ed. Ain't

By: Ambrose E. Brazelton

**Recess** is when two times each day, the staff goes to plan, the kids go to play.

They slide, they swing, they muddy their sox;  
they climb and jump and even throw rocks.

Boys tussle and wrestle, chase girls til they faint,  
Recess is important, but Phys. Ed. it Ain't.

**Recreation and leisure**, essential I'm told,  
recreate the body, upgrade the soul.

Learn interesting pasting for use when it rains,  
pursuits for all children, the Bobbys and Janes;  
but no matter how structured, no matter how  
quaint, no matter how joyous,  
Phys.Ed. it Ain't.

**Physical fitness** proclaimed far and wide,  
vitality, vigor, pep in your stride.

Lift that barge and tote that bale,  
exercise daily, be hearty and hale.  
Push up and sit up without complaint,  
in spite of it's value,  
Phys. Ed. it Ain't.

**Athletics and sports?** Oh perish the thought.  
Wonder did you think of the havoc they wrought?  
Shoot baskets, play baseball, hold that bat  
steady,  
we make' em play football before they are ready.  
Let' em be kids without rancor or taint.  
Athletics can't hurt them, cause  
Phys. Ed. it Ain't.

Then what is **Phys. Ed.** if it ain't the above?  
And what are the goals for the children we love?  
An integral part of the total process, focused on  
personalized growth and success.  
Striving to enhance through instructional giving,  
productive, efficient, harmonious living.

"We Count" Wellness Program now available at:

<http://www.peacefulplaygrounds.com/pedometers.htm>