

Play Nice! Newsletter

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School Talk

“On hot days, children need to be reminded to drink and rest. Schools may choose to limit outside physical activity when temps exceed 102 degrees.”

Dr. Melinda Bossenmeyer, Peaceful Playgrounds 2006

When is it Too Hot for Recess and/or Physical Education ?

As the summer months draw to a close across the nation, the heat lingers on. Principals and physical educators will face daily decisions regarding children's heat health.

It should be noted that kids absorb more heat than adults while sweating less. The result is a greater propensity for heat cramps, exhaustion or heat stroke.

So how hot is too hot for physical activity? The determination depends on a number of factors like: how high is the humidity, how hot is it on the blacktop, what kind of access do children have to water to hydrate, is there a shade area, benches to cool off on, etc. The single most important factor to acknowledge is children seldom complain when over heated and most children rarely self regulate. Upon a return to the classroom, the symptoms of heat injuries often surface. Symptoms include:

- Heat Cramps- Early warning sign of heat exhaustion or stroke.
- Heat Exhaustion- Extreme sweating, dry mouth, fatigue, headache, nausea and dizziness.
- Heat Stroke-Considered a medical emergency. Body Temp above 104 degrees, confusion, deep breathing, stops sweating, and loss of consciousness.

Prevention Strategies include:

- Hydrate before and after physical activity.
- Avoid sweet or caffeinated drinks which dehydrate.
- Rest often at least each 20 minutes on hot days.
- Allow hats for outside use.
- Consider allowing water bottles in classrooms and playgrounds on hot days.
- Shorten recess and outside exposure to physical activity.

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Physical Education Curriculum

Find out more about our newest program for preschool through grade 2 at

www.peacefulplaygrounds.com/fundamental.htm

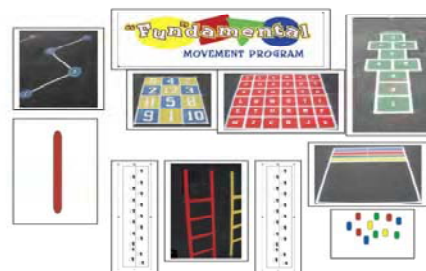
To view a 30 second video, click on video screen below.



Fundamental Movement PE Program Promo Video

Physical Education Stencil Package

Brightly colored markings enhance motor skill development and provide activities for an outdoor motor learning lab.



Bean Bag Toss, Block Walk, Vari-beam, Number Grid, Alphabet Grid, Ladder, Beam, Crossover Walking grid, Midline Jumping Grid and Hopscotch

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