

Play Nice! Newsletter

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Melinda Bossenmeyer, Ed.D. ph 877-444-9888



PE Central Pedometer Ideas for Teachers

You may want to check out some links to teacher tested pedometer activities. All activities encourage movement and help teachers assess if activities used in class are encouraging students to get enough steps.

<http://www.pecentral.org/lessonideas/pedometer/pedometerlessonindex.html>

We Count Pedometer Program Curriculum Materials Now Available

Due to popular demand, we will be selling our Pedometer curriculum materials with a site license for unlimited use at a single school site. The missing component with most currently available pedometer programs is the educational component that teaches students concepts surrounding good nutrition and physical activity. We Count Program components include: 1) teacher background information, 2) student newsletters, 3) parent information, and 4) motivational materials.

"Why is it important to move." How much activity is enough? "Portion sizes: When bigger is not better." are just a few of the themes covered in this unique one-of-a-kind pedometer curriculum.

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

School Talk

200,000 students are treated each year in emergency rooms for injuries associated with playgrounds.

U.S. Consumer Project Safety Commission 2001

Court Rules Dodgeball is an Inappropriate Activity

Parents of a seven-year old student filed a lawsuit at the Vestal Central School District (NY) after their daughter suffered a broken arm during a dodgeball game.

The district rejected the notion of its own liability by pointing out that: 1. the game was adequately supervised by a teacher, and 2. the accident was unforeseeable. An appeals court however, ruled that the district was liable.

The court didn't fault the school for inadequate supervision (a contributing factor to 40% of playground accidents) but rather questioned the appropriateness of allowing seven year olds to engage in an activity that has inherent risks. It explained that a school's duty "includes the obligation to assign students to supervised athletic activities that are within their abilities."

Dodgeball is a recess activity that has been deemed a developmentally inappropriate activity for both recess and physical education by the National Association of Sport and Physical Education. More information on the topic of dodgeball can be found in the NASPE Position Paper online at:

<http://www.aahperd.org/naspe/template.cfm?template=position-papers.html>

New Products!

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



"Don't Sit. Get Fit." and "Promote Peace" wristbands available at:

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



Order your Pedometer Wellness Curriculum Today!