

# SOUTH COLONIE PEP GRANT NEWSLETTER



Physical Education Newsletter

Spring 2015

## What's New with the PEP Grant?

Elementary: All elementary schools have received new fitness equipment including medicine balls, weighted sand bags, and foundational fitness kits to help add more total body fitness to lessons. In addition to equipment, each school has received a full SPARK Curriculum guide to enhance our students elementary PE experience. In addition all elementary schools will be receiving projectors with Apple TV's to display any video clip or app's directly onto a gym wall for student viewing.

Middle School: Work continues to be done on both middle school fitness rooms. These rooms filled with state of the art fitness equipment will now be fitted with projectors and Apple TV's, which will allow endless possibilities for lessons. Students can enhance their work out through a virtual fitness or yoga routines. Several teachers are also using our Gopher Fitstep program where students activity levels are recorded electronically with pedometers. IHT Spirit heart rate monitors have also been purchased.

High School: Several teachers are also using our Gopher Fitstep program. Planning has also begun to transform the current weight room into a state of the art fitness facility. This new facility will rival any local fitness facility and include new cardio and Synergy 360 Fitness Machines. These state of the art systems are customizable, multipurpose fitness circuit machines that provide a total body workout.

---

"We look forward to the exciting, positive impact the new equipment and programs will have on the health and wellness of our students, our schools, and our community. We look forward to continuing our tradition of excellence at South Colonie."

-Karen Bonitatibus

PEP Grant Administrator

---



Synergy 360 Fitness Machine

## In This Issue

- Updates on what's new
- K-12 Fitness Units
- Professional Development
- New Fitness Equipment
- New High School Fitness Center



**Shaker Road students training with medicine balls.**



**Fitstep Pedometers from Gopher.**

## SPARK

Spark is a national leader in providing research and evidence based Physical Education and Health curriculums that are aligned with state and national standards. It is a company that provides curriculum materials and teacher training for thousands of schools and organizations across the country. This past year elementary, middle, and high school curriculums and instructional materials were purchased for each school in our district. In addition, all PE teachers received training from SPARK instructors on the benefits of these awesome instructional materials.

## K-12 Fitness Units

With the addition of new equipment purchased through the PEP grant, Colonie's Physical Education staff has been proactive in adapting our PE curriculum to include more fitness based lessons and units. Each elementary school has adapted in their own creative ways to show our students how much fun it can be to get fit. At the middle school level students are taking full advantage of our state of the art fitness rooms to burn more calories than ever before. High school units are currently being designed around the new fitness and weight room currently being redesigned and assembled at the high school. Construction of this room has already begun and will continue throughout the summer.

## Physical Education Staff Continue to Attend Conferences

In addition to teaching and coaching, Colonie's Physical Education staff has been busy attending and planning to attend state and national conferences with the goal of providing the students with the best PE experience in the country. This year our staff attended the NYS AAPPHERD Conference, the National Physical Education Conference in Seattle WA, and many plan on attending the SPARK Conference this summer in San Diego CA. These conference are 100% funded by the PEP grant with a percentage of money received from the grant allocated solely for the purpose of sending educators to these conferences. All teachers attending the NYS and National Conferences came back rating the conferences as "Excellent," and would attend again in the future. All teachers attending the conference received training on the new Gopher Fitnstep Pedometers. These pedometers when worn by students in class gives an accurate account of students active time, moderate to vigorous active time, and total amount of steps. At the end of class pedometers can be electronically docked and students individual statistics can be recorded on a computer. A set of these pedometers have been ordered for each school in the district and will help educators and students keep accurate track of their fitness levels. In addition, teachers also received training on new fitness equipment ordered through SPARK, Foundational Fitness, implementing technology into Physical Education, and several sports, fitness, and theory related activities. Teachers also had the opportunity to test out all the latest PE equipment being offered by every major equipment company in the US, and tested the yet to be released wrist worn heart rate monitors. These monitors can be easily worn on a students wrist like a watch for class and record accurate information on students heart rates while active in class.

## Sneak Peak at the High New High School Fitness Center

- Synergy 360 Fitness Machines
- Muscular Endurance & Cardio Machines
- New Design for Free Weights and Racks
- Rubber Interlocking Floor
- Heart Rate & Pedometer Stations
- Brand New State of the Art Equipment



### Synergy 360 Total Body Fitness Machines

"I am proud of our Staff and Students for the hard work they put forth this past year. Our Physical Education Program has grown dramatically due to a new focus on fitness and participation!"

-Joe Guardino

Athletic Director

### What do the Students Think?

Students and staff across the district are continuing to show interest and support for the new fitness equipment. An 8th grade student at Sand Creek said, "I love the Jungle Gym and using medicine balls on the trampoline."

Student athletes at the high school are also excited to try the equipment in the new fitness room this fall. "I'm excited to try something new!"