

March 14, 2007, KEEP week 2

**KEEP Us Running
KEEP Us Fit**

Loma Prieta Developmental Physical Education

My name is Mrs. Moore and I have had the pleasure of teaching Physical Education at Loma Prieta for over twenty years. In that time, our program has become ever more successful at teaching children the lifelong importance of fitness and healthy habits. PE is as important to a child's overall development as any academic subject, and in fact, helps support their success in academics. Studies have shown that healthy kids find it easier to concentrate and do well in school. They are better behaved and better socially adjusted.

PE builds strong bodies as well as minds. Your child's cardio-respiratory system, bones, and muscles are going through important developmental stages, and PE helps lay the foundation for a healthy body for life. I see our children grow in self-confidence as they watch themselves achieving personal bests in endurance, strength, and skills month after month. It teaches them discipline and the consistent rewards of continual hard work to achieve their goals.

In this age of fast food and video games, our nation's children are unfortunately having more weight and health issues than ever before. I am very happy to say that this is not the trend at our school. Our children are very active and score extremely high on the California Fitness Test administered in the fifth grade. Each year, our fifth graders strive to achieve the Presidential Fitness Award or their own personal best on a series of exercises which evaluate the different components of overall fitness.

At recess, Loma kids are unusually active and involved in playing games and utilizing the skills they learned in physical education, which also provides them with essential interpersonal skills and experience in teamwork. Sportsmanship, respect, honesty, and kindness are also extremely important in our developmental program at Loma Prieta.

Each week our students are given out Physical Education awards and are recognized by their peers in class. Home exercise awards are given out to students who exercise at home. They are very proud to bring me their drawings and notes listing their activities.

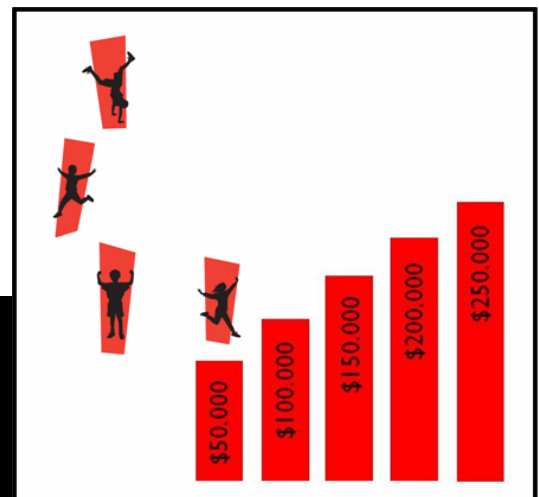
This award encourages kids to stay active and promotes family physical activities.

I am very happy to say we will be having our twentieth Jog A Thon at Loma Prieta this year. The children train all year long and run a mile each month to prepare for this special day. Each student is given a t-shirt designed by one of our students and a medal for their hard work. Each year students set new goals they want to achieve as they become stronger and more physically fit.

I feel very proud to be at a school that values physical education and healthy lifestyles for their children. I feel very fortunate to work at a school with dedicated parents who want only the best for their children.



**Developmental PE is
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\$ 57,165**