



WEEKLY RECAP

HEALTH AND FITNESS ELECTIVE

UPPER SCHOOL
11/18/19-11/22/19

TRACK AND FIELD MATH

MS. ANGELA

Students learned about the importance of perseverance. Throughout the week they worked on improving running times in a 50 meter sprint. They found that they increased their times for running the second day, but that there was a decrease in performance by the end of the week because of the lactic acid which had built up in their muscles. The students' 50 meter dash was tied into measuring and converting inches to meters. They also learned the difference between a yard and a meter. At the end of the week, they looked at their overall times and figured out their average, applying addition and division to real-world applications.

The other track and field events the students learned and practiced were the long jump and the triple jump. Students pushed themselves to get a better distance in the two events by practicing their approach. Averages were figured out at the end of the week as well. Students realized how important warming up, stretching and cooling down is in helping to prevent injury and muscle soreness. They could also see how proper conditioning allows for good performance. It was a fun class which seemed to spark many of the students' interest in running and it was very clear each student wanted to perform their best in all of the events.

MINDFULNESS THROUGH LITERACY

MS. SAVANNAH

This week, students dove into topics like self-compassion, mistakes as learning opportunities and compassion for others through various literary articles, writing prompts, discussions and guided mindfulness activities. A favorite from this week: Students did a "sticky note showdown" by writing down as many mistakes that they remember making and slamming them down on the table. When finished, the students took the mistakes and paired them with a lesson that they learned, or could have learned from each. The students then spent time in writing sit spots to write a fable that offered the lesson of learning as an opportunity for growth.

BASKETBALL

MR. KRIS AND MR. JOHN

This week was too short! The basketball course helped players of all abilities develop athletically. We worked towards refining fundamental basketball skills and enhanced their skills in dribbling, changing direction, setting a post, wing or guard position through multiple drills. Each day we worked on individual and team skills and discussed the game. Each person improved their footwork, shooting, rebounding, and positioning. After the fundamentals of the game were learned, we played full games on Friday. Everyone had so much fun and the games were exciting. Lots of great team attitude and positive interactions. It also helps to have a great group of friends to explore new games!

TENNIS

DR. J

Students were introduced to the game of “love”, otherwise known as tennis, and not surprisingly, the students LOVED playing tennis! Tennis is often noted for its popularity with royal families in Europe during the 14th - 16th centuries. Its origins date back to monks in France during the 12th century. It is a game that has endured time because tennis is a game that can be played by young and old; it is a game of strategy and finesse where age, speed and strength doesn't necessarily guarantee a win.

During the sports week, our tennis play inspired camaraderie between students and an understanding of health and wellness. Four related vital signs, heart rate, blood pressure, respiration rate and body temperature, were monitored both before and during/right after exercise. Students were able to see patterns in the data and draw appropriate health conclusions. One of the patterns observed was that heart rate changes based on activity level; it is lower when a person is at rest and higher while/right after exercise. Students were able to reason that because the heart is continuously beating to keep blood circulating throughout the body, the heart rate changes to supply your cells, organs and muscles with a necessary amount of freshly oxygenated blood to keep the body functioning at a high level. Students also learned that it is vital to exercise because the heart is a muscle; it depends on exercise to keep it healthy and fit to do its job. The body however is an integrated “machine”; the lungs (respiration rate) also work more heavily during exercise, and, body temps coincide with exercise as well (body temps at rest are lower than during/right after exercise). Students learned that tennis is a game that can keep a person healthy and fit during their entire lifetime.

Students truly enjoyed challenging one another to friendly games and were interested to improve their strokes over the course of the sessions. Most students requested another elective of tennis in the future.

TEST KITCHEN MATH

MS. DENISE

This was a great week cooking while incorporating applied math! We made hummus from scratch, sunshine wraps, and “smoothies.” We practiced (depending on group) bar graphs, ratios, proportions, multi-digit multiplication and division, and fractions. The kids love to cook and we had a lot of fun protecting our “kitchen” at the park from squirrels and birds. The kids were super hungry from all the physical activity so this course was also helpful in giving their bodies some rest time and healthy foods to re-group.

GRATITUDE BUDDIES

MS. DENISE

This week while at Highland House, our Upper Schoolers spent some time reflecting upon what they are grateful for and leading multi-age “buddy” activities in Nature Immersion and Journeys. First, we played a gratitude dice game with our buddies which ended with a list of gratitudes for each person. Next, we used that last in an art activity in which we drew and painted our gratitudes on small cards. Last, we and our buddies hung the artwork on a gratitude “tree” in the yard at 1861 to be displayed and added to during our Harvest Dinner. Our Upper Schoolers shows kindness, patience, and empathy with their

younger buddies while developing as role models for our youngers. This connection is so beautiful to witness.

SOCCER SHOTS

Soccer Shots focused on individual skill, fitness and sportsmanship. It provided an opportunity for our kids to be challenged through fun games and team interaction. Everyone was introduced to competition in a developmentally appropriate manner. Our coach for the week was amazing! He commanded the attention of athletes and orchestrated a great learning experience.