

September 14, 2009

## FALL MILE RUN



Dear Parents,

During the school year each physical education student in **grades one through eight** participates in the Presidential Physical Fitness Awards Program. These scores are used as a tool in planning his or her fitness program for the year.

The Presidential Physical Fitness Award (PPFA) recognizes an **OUTSTANDING LEVEL** of physical fitness. The National Physical Fitness Award (NPFA) recognizes a **BASIC** yet **CHALLENGING LEVEL** of physical fitness. The students must pass all **five** areas of the program (85% or higher) in order to receive a numbered **BLUE** patch and certificate signed by the President. To receive a **RED** certificate signed by the President, a student must remain above the 50<sup>th</sup> percentile on all **five** tests.

The five tests are as follows:

1. PULL-UP: Arm and shoulder strength and endurance.
2. CURL-UPS: Abdominal strength and endurance.
3. SIT AND REACH: Flexibility of the lower back and posterior thighs.
4. ONE-MILE RUN/WALK: Cardio respiratory endurance.
5. SHUTTLE RUN: Leg strength, endurance, power and agility.

**At the end of the school year, the battery of tests will be repeated.** Last year, all of the children worked extremely hard to achieve their goals. I wish them continued success for their mile run.

I plan to administer the One-Mile Run/Walk on **WEDNESDAY, October 7<sup>th</sup>**. During the past eighteen years the mile run has been held on the Boardwalk, starting and finishing on 15<sup>th</sup> Street. Again, I would like to call on some of our parents for help with their child(ren)'s class(es). On the day of the race I will need timers and scorers to make sure each child receives the correct score. I will also need adults stationed along the route between **15<sup>th</sup> and 8<sup>th</sup> Streets** to ensure the children's safety. I hope to have at least 6 volunteers for each class. If we do not have enough supervision, the race will have to take place in a confined area. The students really look forward to running again this year. Please be there to cheer them on and to help them reach their goals. I welcome you to come and participate in the Run/Walk with them.

This is a race that is timed and I encourage each student to do his or her best. Even still, there will be some students who will tire more easily than others. If, at any time, the runners have trouble and are unable to continue, they know they must at least continue to walk until the heart has had a chance to slow down gradually. Once the runner feels comfortable, he/she should try to run again. When the runners have finished the race, they should walk or keep the body moving until the pulse has returned to normal. At this time **water will be given to them** and they may sit down and rest.

**DRESS CODE:** Grades 1-8 will come to school wearing their P.E. uniforms which consists of the Star of the Sea white shirt, navy blue shorts or sweats, white socks and comfortable athletic shoes.

The following schedule has been set for the event: **WEDNESDAY, October 7<sup>th</sup>, 2009. The rain date has been set for Wednesday, October 14<sup>th</sup>, 2009.**

8	Mrs. Kellard	8:15
7	Mrs. Hampton/Mrs. Bowen	8:30 (Note: Both 7 <sup>th</sup> .)
3	Mrs. Kreitner	8:50
3	Mrs. VanBuskirk	9:10
1	Mrs. Socha	9:30
1	Mrs. Lambertz	9:50
2	Mrs. Choffel	10:10
2	Mrs. Kranz	10:30
4	Mrs. Todd	10:50
4	Mrs. Flanary/Mrs. Lawlor	11:10
5	Mrs. Morris/Mrs. Mitchell	11:30 (Note: Both 5 <sup>th</sup> .)
6	Mrs. O'Dowd/Mrs. Schnurbusch	11:45 (Note: Both 6 <sup>th</sup> .)

Please complete the form at the bottom of the page and return by Thursday, **September 24<sup>th</sup>, 2009.**

**PARENTS PLANNING ON HELPING LOUISE O'KONEK ON THE BOARDWALK SHOULD MEET ON 15<sup>TH</sup> STREET BY 8:00 ON WEDNESDAY, OCTOBER 7<sup>TH</sup>.**

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(Detach and return)

PARENT VOLUNTEERS please check one:

- \_\_\_\_\_ I **will** be able to help during my child(rens) run only.  
\_\_\_\_\_ I **will** be able to help until it's time for my child(ren) to run and then until completion.  
\_\_\_\_\_ I **will** be able to help for the entire mile run (8:15 AM to 12:00 noon).

PARENT/GUARDIAN SIGNATURE:

Child(ren) Name(s)

Grade(s)

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

Thank you very much!

Louise O'Konek