

# Archway Glendale Physical Education

Hopefully everyone is staying healthy and active as we face this challenge to our lifestyle and community. Please continue to practice good health and hygiene continually washing hands for 20 seconds with soap and water, using hand sanitizer when necessary, and practicing social distancing. As we continue this path towards isolation, my experience with my children has shown a tendency towards a more sedentary lifestyle. I am constantly working to encourage movement and activity throughout the day. My children have moved from competitive sports activities which usually took anywhere from 6 to 12 hours of intense activity a week to nothing.

According to The Centers for Disease Control and Prevention the benefits for physical activity include:

- Improved bone health and weight status for children 3 through 5
- Improved cognitive function for youths 6 to 13
- Brain health
- Improved quality of sleep
- Improved immune system
- Reduced risk of depression
- Improved cardiorespiratory and muscular fitness

For all the reasons above, I believe it is imperative that we continue to provide opportunities for children to be active. The information below is from "Physical Activity Guidelines for Americans" a book published by The US Department of Health and Human Services. I have highlighted some of the most important sections.

## **Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:**

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

## **Types of Activity**

- **Aerobic activities** are those in which young people rhythmically move their large muscles for a sustained period of time. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase cardiorespiratory fitness. Children often do activities in short bursts, which may not technically be aerobic. However, the Guidelines uses the term *aerobic* to refer to these types of activities, even if they are done only briefly.
- **Muscle-strengthening activities** make muscles do more work than usual during activities of daily life. This is called *overload* and strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or they can be structured, such as lifting weights or working with resistance bands.
- **Bone-strengthening activities** produce a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle strengthening.

## **Levels of Intensity for Aerobic Activity**

Youth should not do only moderate-intensity activity. It is important to include vigorous-intensity activities because they lead to greater improvement in cardiorespiratory fitness.

**Relative intensity** uses a person's level of cardiorespiratory fitness to assess level of effort.

Relative intensity describes a person's level of effort relative to his or her fitness. As a rule of thumb, on a scale of 0 to 10, where sitting is 0 and the highest level of effort possible is 10, moderate-intensity activity is a 5 or 6. Young people doing moderate-intensity activity will notice that their hearts are beating faster than normal and they are breathing harder than normal. Vigorous-intensity activity begins at a level of 7 or 8. Youth doing vigorous-intensity activity will feel their heart beating much faster than normal, and they will breathe much harder than normal.

In closing, I understand how difficult and challenging it is to balance a healthy, active lifestyle with the fight against this dreadful disease. It is important for the current and future health and development of our children that we include physical activity in our daily lives. This activity can be as simple as riding a bike around the neighborhood, walking, hiking or jogging with the dog, playing 1v1 basketball or soccer in the backyard. The PE class guidelines of 10 minutes twice a week for each grade is not enough.

Have fun stay healthy and be active.

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