



WINDERMERE

The New Academy Curriculum Guide

Physical Education K-8th

FALL RACE

-- Fight for Air Climb or Nemours Children's Run

Each fall, children at The New Academy will be training for one of two races, alternating their participation in each every other year. (We will be doing the Children's Run one year, and the Climb the next.) The children will be following a training program 2-3 times per week along side their teacher and experienced marathon runner, Ashley Kisselback.

Training for a race not only encourages a healthy lifestyle for children, it exposes them to community and charity participation, giving back to the community, and most importantly – setting a goal, working hard towards that goal, and achieving success and a feeling of accomplishment at the finish line.

The Fight for Air Climb is a fundraiser hosted by the American Lung Association. The New Academy team will raise money for their 25-story climb to the top of the Bank of America building in downtown Orlando. The Nemours Children's Run at the Lake Nona Medical plaza is a children's Mile-long race held at the same time at the adult Run Nona 5K event. At each race, children receive medals for their participation and great effort during the races.

<http://www.lungusa.org/pledge-events/fl/orlando-climb-fy12/>

SPRING RACE

-- Columbia Mini Muddy Buddy or Children's Triathlon

During the Spring semester the New Academy Physical Education program focuses on training for one of two races- a children's triathlon or the Columbia Mini Muddy Buddy. These races bring adventure to fitness and allow the children to have fun training for more than just a running event. These events also include biking, swimming, obstacle courses and crawling through a mud pit!

Spring races are selected to continue motivate children to maintain a their fitness, while exposing them to the fun and adventure that is available to people who commit to living healthy. Feeling strong and healthy translates to having fun and experiencing new things.

<http://muddy-buddy.competitor.com/mini/>

PRESIDENTIAL FITNESS STANDARDS

-- Consistent training to meet the National Standards for children's health and fitness.

In addition to training for races, students at the New Academy will train year round to meet the National Presidential Physical Fitness Standards for children ages 6 – 17. Developmentally appropriate activities, team and individual sports, games, stretching and agility exercises will be taught during daily recess and PE classes. The standards are listed below.

Presidential Physical Fitness Award Qualifying Standards (85th Percentile)

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)
									(min:sec) 1/4 mile	OR	(min:sec) 1/2 mile			
BOYS	6	33		22	12.1	+3.5		31	10:15	1:55		2		9
	7	36		24	11.5	+3.5		30	09:22	1:48		4		14
	8	40		30	11.1	+3.0		31	8:48		3:30	5		17
	9	41		37	10.9	+3.0		31	8:31		3:30	5		18
	10	45		35	10.3	+4.0		30	7:57			6		22
	11	47		43	10.0	+4.0		31	7:32			6		27
	12	50		64	9.8	+4.0		31	7:11			7		31
	13	53		59	9.5	+3.5		33	6:50			7		39
	14	56		62	9.1	+4.5		36	6:26			10		40
	15	57		75	9.0	+5.0		37	6:20			11		42
GIRLS	6	32		22	12.4	+5.5		32	11:20	2:00		2		9
	7	34		24	12.1	+5.0		32	10:36	1:55		2		14
	8	38		30	11.8	+4.5		33	10:02		3:58	2		17
	9	39		37	11.1	+5.5		33	9:30		3:53	2		18
	10	40		33	10.8	+6.0		33	9:19			3		20
	11	42		43	10.5	+6.5		34	9:02			3		19
	12	45		50	10.4	+7.0		36	8:23			2		20
	13	46		59	10.2	+7.0		38	8:13			2		21
	14	47		48	10.1	+8.0		40	7:59			2		20
	15	48		38	10.0	+8.0		43	8:08			2		20
16	45		49	10.1	+9.0		42	8:23			1		24	
17	44		58	10.0	+8.0		42	8:15			1		25	