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## Got Physical Education?



Meet Mr. David Speidel, our new P.E. teacher. Mr. Speidel has been teaching P.E. in SFUSD for six years, most recently at Everett Middle School. I caught up with him after the Halloween Parade-a-thon to find out what's in store for P.E. at FSK.

A sports enthusiast born and raised in Santa Cruz, he is quick to emphasize that P.E. is not about sports: "Physical education promotes noncompetitive total participation. At the outset, the K-2 students will be learning about body awareness, the seven locomotor skills—walking, running, hopping, jumping, galloping, sliding, skipping."

Mr. Speidel will be on-site Mondays, Wednesdays, and Fridays, working regularly with each class and teacher during their P.E. time, as well as conducting faculty training workshops. The direct instruction sessions begin with the lower grades in the November, shifting to upper grades in the second semester. Teachers will implement the new methodology into their independent P.E. lessons. The grants also furnish the school with new equipment and a storage shed.

Mr. Speidel is as excited to be at our school as we are to have him. The new P.E. grant comes at the perfect time, dovetailing nicely with the newly launched **Building Healthy Minds and Bodies** rubric. I met with teachers Sara Saldaña, Bonnie Quinn, Lily Lee, and Diane Yee to learn more about it.



In a nutshell, the purpose of the teacher-led initiative is holistic: to expand and enhance the coordination of our existing Nutrition, P.E., and Caring School Community (CSC) programs.

"We believe in educating the whole child," summed up Ms. Lee. Ms. Saldaña explained: "That means supporting their physical, emotional, and social health—by the time they go on to middle school, our students will understand how to make responsible choices about food and exercise, and have strong foundations for healthy relationships with peers and adults. That's the goal."

What's more, "clearly, students must be physically and emotionally healthy to do well in school, so this philosophy goes hand-in-hand with academic achievement," added Ms. Quinn.

The approach makes a lot of sense to other parents I've talked who really want a broad and rigorous education for their child's elementary school years. It's great to see teachers and staff continuing to improve and expand school programs. [For more on Building Healthy Minds and Bodies, pick up the new school brochure, or click to download.]

— Editor (parent)

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