



Bend » Education and Schools » Bend Physical Education Examiner

<http://www.examiner.com/x-22931-Bend-Physical-Education-Examiner-y2009m10d2-Health-and-PE-Kids-can-lead?cid=email-this-article>

## Health and PE? Kids can lead

October 2, 9:02 AM » Bend Physical Education Examiner »

By Judy Shasek



I just spent a day at Tom McCall Elementary School in Redmond, Oregon. Some might expect that a year of dramatic changes in the school week and format of class offerings (no special PE, art or music) would result in a bleak learning environment. Not so!

The vibe around the school is active, engaged, busy and energetic - and that's not just the kids. Teachers facing a longer than usual school day have devised creative ways to build in everything the students need for a well-rounded education - and it's all done with a smile. That energy may be fed in some part by the commitment to balance the academic with the active.

A conversation with students leaving the computer lab after a word processing skills session started like this, "We get to go to recess now that we've finished our work."

"Yeah," chimed in another student, "We need to get our wiggles out by running around and playing wall-ball."

I had the good fortune to work with eighteen 4th graders who were in training for [TEAM e3](#). TEAM e3 is a program being introduced this year with the support of 4th grade teachers [Mrs. Renz](#) and Mrs. Zistel. TEAM e3 connects entrepreneurship, exercise and empowerment with the help of technology. Students are learning to lead and manage a physical activity-fitness program that uses various technology tools (like dance games, Wii Sport and [Footgaming](#)) to increase academic success.

The students readily grasp the connection between getting their heart and lungs in gear, sending oxygen to the brain and - horray - academic success. When teachers are very busy - and when are they not - students can be a valuable resource. This column will follow the course of [ExerLearning](#) lead by students during this school year. In a blend of peer mentoring and service learning that will definitely extend beyond the elementary campus, students will model 21st century skills as they add necessary physical activity to their learning day.

Do you have a health and PE success story from an Oregon school to share? We welcome your input and comments.

**More About:** [k12 PE](#) · [PE](#) · [Health education](#) · [4th grade](#)