

In Physical education at Central Riverside, students participate in track and field relays, tennis, golf, basketball, flag football, aerobic and cardiovascular activities, and tag relays.



Coach Menchan teaches physical education Monday through Wednesday at Central Riverside and Thursdays and Fridays at Pine Estates Elementary. His Bachelor's degree is in physical education from Edward Waters College in Jacksonville, Florida. Coach works out daily and enjoys playing softball, flag football, and tennis. He 'loves' to fish. (email Coach Menchan at [menchanj@educationcentral.org](mailto:menchanj@educationcentral.org))

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Knowledge and  
Exercise*

You're it.  
**Get fit!**

Central Riverside Elementary

*powered by knowledge*

## Physically Fit

### **Attention all parents and students:**

This year will be a powerful year at CRES for Physical Education. We are striving to be our best.

My name is Coach Menchan, the Physical Education teacher. Our goal is to score at or above the 50<sup>th</sup> percentile on the **Presidential Physical Fitness** test. The President's Challenge is a physical fitness awards program designed to motivate and recognize students - students like you - who are developing a physically active lifestyle. The program is for ages 6 through 17. This test is given to our third, fourth, and fifth graders each spring.



In order for us to accomplish these goals we are going to need the help of our parents and the community. I am asking for parents to assist in helping our children achieve 30 minutes of cardiovascular training a day, sometimes after school. Appropriate exercises for our after school training could include, but is not limited to: jumping jacks, distance walking or jogging, sit-ups, and wind sprints.

The students are tested on the following skills:

***Curl ups (sit-ups)***

***Shuttle run***

***Endurance run or walk***

***Pull-ups and sit and reach***

### **ONE MILE WALK/RUN**

The One Mile Walk/Run tests cardio-respiratory endurance, which allows your heart and lungs to supply your muscles with lots of oxygen and nutrients. The goal of the walk/run is to complete the distance as quickly as possible. Ages 6 & 7 have the option of running one-quarter of a mile, while ages 8 & 9 have the option of running one-half mile.

### **CURL-UPS**

The goal of the Curl-ups challenge is to do as many curl-ups as you can in one minute. Curl-ups test muscular skills. Lie on a flat surface with your knees flexed, and your hands on opposite shoulders, arms close to chest. Raise your trunk up to touch elbows to thighs. A complete curl-up is counted each time you lie back and touch your shoulders to thighs.

### **PULL-UPS**

To do a Pull-up, grasp a bar with an over-hand or underhand grip. Begin by hanging with your arms straight. Pull your body up with a steady movement until your chin is over the bar, and extend back down. Do as many as you can - there is no time limit. The pull-ups must be done with straight legs. Pull-ups test strength - how much force you can exert with your muscles - and muscular endurance.

### **V-SIT REACH**

The V-Sit Reach tests your flexibility. To do the V-Sit, take your shoes off and place your feet directly behind a line marked on the floor. A measuring line will be marked between your leg. Clasp palms-down, and place your hands together on the line. Reach forward as far as you can. A partner will help keep your legs straight. You'll have three practice tries - the fourth reach will be recorded.

### **SHUTTLE RUN**

In the Shuttle Run, two blocks of wood are placed behind a line drawn 30 feet from where you start. On "ready, Go!" you run to the blocks. Pick up one, bring it back, and place it behind the starting line. Then, do the same thing with the second block. Your fastest time is recorded. This event tests strength (power), and cardio respiratory endurance. Thank you for working together to accomplish our physical fitness goals.

K-2 parents and students, please help us lay a healthy foundation. This after school exercise applies to you too, by starting early

we will better prepare students for testing in grade 3.

