**Are You Ready For P.E. Class?**

**I. Hydration** - making sure you have enough fluids in your body to exercise safely.

a) **When do I drink fluids?**

•Before class - drink before you even come to class, during roll call is too late

•During designated water breaks - these are not rest breaks, use the time to get water into your body, not talk with your friends.

•When you have completed your task - if you are done before others, ask your teacher if you may get water while waiting for others to finish.

•After class - when leaving class, fully hydrate yourself so you will be refreshed for the rest of your day.

b)  **How do I hydrate myself?**

•8-10 ounces of fluid at a time will be sufficient, even on “hot” days. You may not need quite that much, especially in between activities.

•Do not drink “icy” cold drinks.

•Water or “sport” drinks are excellent - water is fine for P.E., but if you wish to drink a sport drink before or after class - go for it!

•Sodas are no good before P.E., and don’t help much after P.E., either.

•Don’t drink a lot of liquid immediately after exercise - give your body a few minutes to recover after strenuous activity before drinking anything.

•The average person needs to drink 8-10 glasses of water per day.

c) **Where can I get water during class?**

•There are drinking fountains located at various places around the gym:

\*Inside the gym (2)

\*Outside of west gym doors (2), by locker rooms (2), and by electives (2)

**II. Nutrition** - making sure you eat foods that allow your body to produce energy

•It is best to eat at least 20-30 minutes before class starts, if possible

•Fruit, vegetables, bread, cereal, nutrition bars are all good sources of energy.

•Candy bars, chips, pizza, junk food are all poor sources of energy.

•Think about what you are eating on the days you have P.E.!!!

**III. Other Preparations**

a) **Sunscreen** - if you think you need it, put it on before class.

b) **Inhalers** - there will be a presentation in September about proper use.

•Have one just for P.E. and put your name on it.

•Have a place to store it while in class - fanny pack, binder, etc.

•Do not leave it in locker room - no reentry.

c) **Clothing**

•You may want sweats and sweatshirt in your locker for cold days - must be P.E.

only.

•Always wear athletic type shoes with laces that are tied and socks.

•P.E. clothes are clearly marked.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Period\_\_\_\_\_\_\_

**Are You Ready For P.E.**

**Worksheet**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are examples of good things to drink for hydration.

2. There are \_\_\_\_\_\_\_ different water fountains to choose from in class.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an example of a bad thing to drink for hydration.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are examples of foods that are good sources of energy.

5. A person should drink \_\_\_\_\_ to \_\_\_\_\_ glasses of water each day.

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are examples of foods that are poor sources of energy.

**TRUE/FALSE**

**T F** It is not a good idea to drink fluids before P.E.

**T F** It is best to drink fluids that are very cold.

**T F** Allow your body a few minutes to recover after exercise before drinking.

**T F** Drinking fluids after P.E. will help you to feel better throughout the day.

**T F** Water will not help to replenish you, only a sport drink will do that.

**T F** It is best to eat 5-10 minutes before class.