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New P.E.: More Fitness, Less Sports

In a mirror-lined dance studio teenagers sashay through a number from the musical "Hairspray." Next door in the weight room, teacher Shawn Scateregood demonstrates proper form on the leg press.

At Northport High School on Long Island, physical education also includes yoga, step aerobics and fitness walking, as well as team sports like volleyball and basketball. There are archery targets, soccer fields and a rock-climbing wall where students inscribe their names to show how high they get.

For anyone who grew up when P.E. meant being picked last for softball, it's a dizzying array of choices.

"What we try and do is give them a real broad offering so that they can choose things they want to do," said Robert Christenson, the director of physical education. He said the current curriculum has been developed over the last five years.

While the offerings at Northport, where the median household income is \$86,456, may exceed those at many public high schools, the school is representative of a national physical education trend that promotes fitness and downplays competitive sports that leave the uncoordinated feeling left out.

"There's been a major trend by school districts to improve their fitness centers," said Tom Caione, director of physical education for the suburban Bedford Central School District north of New York City. "It's really not 'roll out the old ball,' as it was."

George Graham, a professor of kinesiology at Penn State University and past president of the National Association for Sport and Physical Education, said there has been a revolution in the way physical education is taught in America.

"Historically, there were two emphases – competi-

tive team sports and physical fitness testing," he said. "The emphasis today is more on helping youngsters develop the competence that leads to confidence and enjoyment of a lifetime of physical activity."



"We have schools teaching yoga, rock-climbing, martial arts, fly-fishing," Graham said. "If a kid is in a program that hasn't changed from when the parents were in school, it's just not OK."

The changes are occurring amid growing concern that sedentary lifestyles are fueling an epidemic of childhood obesity, with experts estimating that 30 percent of American schoolchildren are overweight or obese.

According to the Centers for Disease Control and Prevention, only about 6 percent to 8 percent of schools provide the daily physical education classes that advocates recommend.

In Florida, high school students need only one year of P.E. to graduate, said Jane Greenberg, who heads the Division of Life Skills and Special Projects for Miami-Dade County public schools.

But more Miami-Dade students are choosing to take physical education since the district started providing elliptical trainers and heart-rate monitors and adding classes like kayaking and snorkeling, Greenberg said.

"By offering these more innovative lifetime activities we're getting them back," she said. "On the average the kids that are overweight are losing 8 to 10 pounds a semester."

At Northport High, the gleaming weight machines and well-maintained tennis courts rival an expensive health club. There is also a sprawling

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December 5-7, 2005

Harvest Blend Regular

- Bacon Avocado
- Carrots
- Rainbow Chard
- Red Onions
- Spinach
- Roma Tomatoes
- Cucumbers
- Baby Bok Choy
- Red Leaf Lettuce
- Braeburn Apples
- Satsuma Mandarins
- Bananas
- Kiwi
- Tommy Atkins Mango

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

Account Updates



We've gotten a lot of new customers lately, so this is a reminder that whenever possible, all changes to your account should be made through the Member Area of the web site.

Due to the amount of email we get, we cannot promise that requests sent to us in email will be seen in time for your next delivery.

If you have any questions about your account, we'd be glad to help. But please remember to use the web site whenever possible.

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"adventure" area where students can perform team wall-climbing exercises or reach for a trapeze from the top of an 18-foot pole.

Fourteen-year-old Stephen Jackman said he enjoys team sports like flag football and ultimate Frisbee but was looking forward to the weightlifting unit, because "you're just competing against yourself."

As remarkable as the up-to-date equipment, the school district's mission statement is striking, too: "Classes are undertaken in an active, caring, supportive and non-threatening atmosphere in which every student is chal-

lenged to grow. ... Every student, regardless of ability or ability level, is provided with a learning environment that is modified, when necessary, to allow for maximum participation."

At the recent dance class, led by full-time dance teacher Kaylie Howard, pupils were at all ability levels, and one was in special education.

"There's no reason to feel bad," said Michael Carbuccia, 16. "Maybe it's just Ms. Howard. If you have trouble with something she'll help you personally. We're all doing our best and we're happy with it."

Recipes

Rainbow Chard and Caramelized Onion Pasta

- 1 tbsp olive oil
- 1 cup chard stems, chopped finely
- 2 tbsp unsalted butter
- 1/2 tsp salt
- 2-3 yellow onions, sliced thinly
- 1/2 tsp pepper
- 1 tsp. sugar
- 2 cups torn chard leaves
- 2 tbsp port
- 12 oz. egg noodles or fettuccine
- 2 cup veggie or chicken stock

Heat the oil and butter in large skillet over med. heat. Add the onions and sauté them for 5 minutes. Sprinkle the onions with the sugar, reduce heat to medium-low and sauté the onions, stirring occasionally, until translucent in the center and browned at the edges, about 15 min. Pour the port over the onions and stir. Remove from heat. Remove onions with slotted spoon to a plate. Do not rinse or wash skillet.

Bring large pot of water to boil. Return skillet to the stove when water almost boils. Add the stock and chard stems to skillet and bring to boil over high heat. Reduce heat and simmer for 5 min. Stir in salt and pepper, and keep warm over low heat.

Add noodles to boiling water and cook until al dente. Drain and add noodles to skillet with stock. Add chard leaves and onions and cook for 5 min. until chard is wilted and pasta is heated through.

Noodle Salad With Mango & Gingered Cucumber

- 6 tbsp seasoned rice vinegar
- 1 1/2 tbsp vegetable oil
- 1 1/2 tsp chopped peeled fresh ginger
- 1 tsp minced fresh jalapeño chile, including seeds, or to taste
- 1 garlic clove, chopped
- 8 oz bean thread (cellophane) noodles
- 1 cucumber, halved lengthwise and thinly sliced diagonally
- 1 bunch scallions, thinly sliced diagonally (1 cup)
- 1 firm-ripe mango, peeled, pitted, and thinly sliced
- 2 thin carrots, very thinly sliced diagonally
- 1 cup fresh cilantro sprigs

Blend first five vinaigrette ingredients in a blender until smooth. Soak noodles in cold water in a bowl until pliable, about 15 minutes, then drain in a colander. Cut noodles in half with scissors. Cook noodles in a 4-quart pot of boiling salted water, stirring occasionally, until just tender, about 2 minutes.

Drain noodles in colander and rinse under cold water to stop cooking. Drain noodles again well, then spread out on paper towels and blot excess liquid. Toss noodles with dressing in a bowl. Add cucumber, scallions, mango, and carrots and gently toss until just combined. Serve topped with cilantro sprigs.

Carrot & Mango Soup

- 1 lb large carrots
- 1 tbsp olive oil
- 1 large onion, chopped
- 1-1/4 tsp curry powder
- 1/2 cup orange juice
- 4 cups vegetable stock
- 2 large very ripe mangoes
- sprinkling of snipped chives or chopped parsley

Peel and coarsely chop carrots. In a large saucepan, heat oil over medium heat. Add onion and curry. Cook, stirring frequently, until onion has softened and mixture is very fragrant, about 5 minutes. Add carrots, broth, juice and salt. Cover and bring to a boil. Reduce heat and simmer, stirring occasionally, until carrots are very tender, about 30 minutes.

Meanwhile, peel and slice mangoes away from stones. Coarsely chop. Purée in a food processor until as smooth as possible. Turn into a small bowl. When carrots are tender, remove from broth and purée in batches using a little of broth. Return purée to remaining broth in saucepan. Stir in mango purée. Heat over medium-low heat, uncovered and stirring often, until hot, about 5 minutes. Serve hot or refrigerate and serve cold with a scattering of snipped chives. Soup will keep well, covered and refrigerated, for up to 3 days or freeze.

Quinoa Chard Pilaf

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 cups uncooked quinoa, rinsed
- 1 cup canned lentils, rinsed
- 8 ounces fresh mushrooms, chopped
- 1 quart vegetable broth
- 1 bunch Swiss chard, stems removed

Heat the oil in a large pot over medium heat. Stir in the onion and garlic, and sauté 5 minutes, until onion is tender. Mix in quinoa, lentils, and mushrooms. Pour in the broth. Cover, and cook 20 minutes. Remove the pot from heat. Shred chard, and gently mix into the pot. Cover, and allow to sit 5 minutes, or until chard is wilted.