

PHYSICAL EDUCATION NEWS

Cambridge Street
Upper School

2nd Quarter
Mr. Fusco

It's all about teambuilding!

Project Adventure

Project Adventure is a curriculum of activities that aim to promote leadership, teambuilding, creative problem-solving, trust, and to help students overcome personal fears. Respecting differences in others is also a large part of the program.

We spent the first two months of the school year on these activities in class. We began with group initiatives and challenges, moved to trust activities, and finished with high elements.

Here are some of the activities we did.



All Aboard

How many scholars can you fit on a 3'x3' wooden box? Students must work together to find ways to conquer this task. The record was 15 this year!



Team Skis

Seventh grade students are forced to communicate with one another as they are all standing on two 12 foot planks of wood. They have strings that they hold which attach to the wood. They must coordinate to shift weight so they can step forward and cross the gym.

"1,2,3, Left... 1,2,3, Right!..."

The Spider Web



As they were travelling down the road, our 8th graders encountered a giant Spider Web. This particular web was dangerous, and could not be touched. Students had to pass through the holes, and if a hole was used, it was then closed to others. Students had to work together to get everyone across, and even had to use holes 6 feet off the ground!

Trust Activities



Students worked their way up from Trust Leans (Standing and leaning back until caught by partner), Wind in the Willows (Standing in a circle of peers and falling to catchers in every direction who pass you around the circle), The Feather (being held by peers in lying position at waist height and rocked back and forth as you are lowered to the ground, like a falling feather) and finally the full Trust Fall. For the Fall, students stood on a 4 foot stool and fell back into the arms of their classmates. Every student who chose to fall was caught, and in many classes, students got the chance to catch all 200+ lbs. of Mr. F! He was not dropped even once.

Challenge By Choice: Throughout the Project Adventure unit, we use the policy of Challenge by Choice. This means that while students are expected to participate by at least being spotters, they are not forced to try anything they are not comfortable with. We have discussed at length how we all have different comfort zones, and that we must respect these differences in others. Students were encouraged to go to the end of their personal comfort zone, and then try to take one more step, because the feeling of accomplishment they get when they overcome a personal fear is incredibly rewarding and doesn't happen every day.

Students had the opportunity to climb to the ceiling on two different high elements. The first is called the Centipede, which is a series of wooden beams suspended vertically. The beams have giant "staples" which the students use to climb to the top. On this activity, Mr. F is belaying. The second element is called the Giant Ladder. On this one, three students can climb at once and assist each other in getting to the top. The best part about this element is that students are belaying. The weight of at least 6 scholars counteracts the weight of the one climbing. Students must trust classmates to keep them safe.

Ask your child if his/her name is written on the ceiling somewhere.



Athletics News

CSUS continued its dominance of Cambridge in the fall as Cross Country team flexed its muscles at the city-wide meet. Phoebe S. defended her title as the city's best runner by blowing away the field with ease. It will be interesting to watch her go for her third title next year as an eighth grader and sweep her middle school career.

The CSUS Girls volleyball All Stars brought home their second title in three years at the City Tournament. After a slight hiccup in the preliminary round, the girls took advantage of the double elimination format and bounced back to sweep the finals 2-0 in convincing fashion.

Be on the lookout as CSUS hosts the city basketball tournament in mid-March. The boys look to repeat as champs after they slam dunked their opponents a year ago. The ladies are on their way to a three-peat, as they have never lost a game since the school's creation.

THE
BACK TO BACK
CHAMP

Phoebe



CSUS CROSS COUNTRY TEAM



CSUS Volleyball All Stars/City Champs