

Annandale Terrace Elementary Physical Education Newsletter



April 2002



"To Exercise Your Mind, Start With Your Body!"



UPCOMING EVENTS



- > April 1-5 & 8-11[M-R]: Track and Field skills
- > April 15-19 & 22-26: Spring Physical Fitness Testing
- > April 29-30[MT] & May 1-3[W-F]:
Juggling skills & Parachute manipulatives
- > May 6-10: * PE & Sports Week *
- > May 8th: *Project ACES Day* - 10am - 10:15am
(All Children Exercising Simultaneously)
- > May 6-10; 13-17 & 20-24: Tennis & Racket skills
- > May 28-31[T-F]: * *Bowling Truck at A.T.E.S.*
- *Bowling Unit*
- > May 31st[F] - **PE Night at Bowl America*
Bowling Center
** *More details to come* **
- > June 3rd: *Field Day*: HS - 2nd
- > June 7th: *Field Day*: 3rd - 5th



PROGRESS REPORTS

1st - 2
evaluations [gymnastics and tumbling & dance] and teacher
observation.

- > Units included in this grading period: Dance; Jump roping; Gymnastics; Stunts & Tumbling; Basketball.

WHY DO WE HAVE WELLNESS HOMEWORK?

Wellness Homework is used to try and get students moving towards a healthier generation. Studies have shown that when you start certain practices and they become routine, you are more likely to continue them. We want our students to be healthier and more fit than any generation before them. The purpose of the calendar is

Get Up and Get Out! Spring is here.

PE BOWLING NIGHT

Friday, May 31st

Time: To be announced

Our Spring Family PE Night will be held on Friday, May 31st at Bowl America located off 395 at the Edsall Road exit.

Look for more information and your registration form to come home soon.

DANCING FEET

We had a great time during our dance unit and dance night. We learned a variety of dances from different countries. Congratulations to all students on a job well done. Dance Night 2002 at Annandale HS's cafeteria was a big success and lots of fun. Thank you parents, students, and staff for supporting this special presentation. A special thanks to the A.T. Jumpers, Tinikling dancers, Ribbon dancers, and to all who helped in setting up, video-taping, picture-taking and cleaning up. Thanks a bunch.

JUMP ROPE FOR HEART - UPDATE

Prizes from the Jump Rope for Heart held in February should be arriving sometime in late April or early May and will be issued upon their arrival. We had 38 participants and raised \$2123.57. This was a record year for our event. Thanks to all the students and parents for your support.

WHERE CAN I FIND SPORTS ACTIVITIES FOR MY CHILD?

One of the closest places we have is the Annandale Boys and Girls Club.

Please contact them for further information. Check them out for your child's favorite spring sport: Soccer, Baseball, T-ball, Lacrosse, Tennis, Track. Contact them at: ABGC * 7236 Columbia Pike * Annandale, VA 22003 * 703-941-4411 * www.abgc.org. We also have the Braddock Road Youth Club, the Springfield Youth Club and a few others that are nearby.