

Annandale Terrace Elementary

Physical Education Newsletter

*“Stars of Excellence in Physical Education!
Reaching for Excellence Each Day in Every Way!”*

OCTOBER 2003



UPCOMING EVENTS

OCTOBER:

➤ *A.T. HOOP SHOOT TRYOUTS:*

October & November

– Specific times to be announced.



➤ *Flag Football [throwing & catching] lead-up skills:*

- October 20-24; 27-31; November 3, 5-7

NOVEMBER:

➤ *Stunts & Tumbling*

➤ *Parachute & Jump Roping Skills*

DECEMBER:

➤ *Volleyball [throwing, catching, volleying] lead-up skills*

WHY DON'T KIDS EXERCISE MORE?

Did you know that 2 out of 3 of today's kids are out of shape?

Here are some reasons why?

1. They spend a lot of time watching TV.
2. They do not get enough physical education at school.
3. There are few places to play.
4. Some team sports do not offer enough exercise.
5. Diet is important to fitness. Many kids eat too much junk food and don't feel like exercising.



A.T. HOOP SHOOT TRY-OUTS

The A.T. Hoop Shoot Free Throw Contest will take place in October and November in preparation for the upcoming Arlington-Fairfax Elks Lodge annual contest. The competition is between boys vs. boys and girls vs. girls within three age groups. A.T. top free throw shooters will be eligible to go to the local contest, usually held around January. A.T. finalists will receive Certificates of Participation. Tryouts will be held throughout the month of October and November.



Tryouts will be during recess.

The Hoop Shoot Tryouts are open to 4th and 5th graders. Look for upcoming schedule.

HALLOWEEN-SAFE KIDS

1. Stay in neighborhoods you know well.
2. Walk with an adult or someone older, who obeys the rules of the road.
3. Do not enter a house unless the adult with them says it is OK.
4. Carry your names addresses and money for a phone call.
5. Visit only well-lighted houses.
6. Finish before dark and carry a flashlight.
7. Stay on the left-hand side of the road, facing traffic if there isn't a sidewalk.
8. Do not go between parked cars or cut across lawns.
9. Ask an adult to check your treats before eating them.

***** *The best way to trick-or-treat is with a grown-up you trust.* *****

>> Especially watch out for:

Jack-O-Lantern Fires; Darkness; and Cars.

BE SAFE!!!

