



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



January 2004

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



PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



- **January 12-16, 20-23 (T-R), 27-30:**
Basketball/Ball-handling lead-up skills & games
> Focus: Throwing, catching, dribbling, shooting

- **January 30th (Friday):**
* *Jump Rope for Heart Assembly* *
> Featuring the AT Jumpers

- **February 2—6th:**
* *Jump Rope for Heart* *

- **February 4th:**
* *National Girls' and Women in Sports Day* *

- **February 9-13 & 17-20(T-F):**
Gymnastics Apparatus



- **February 23-27:**
Dance in PE



- **March 1-5 & 8-11:**
Dance [PE & Music combo]

- **March 12th (Friday):**
**Dance Night 2004* *

—Annandale HS
—6:30-8:30pm



WHAT'S IN STORE FOR 2004

We have enthusiastically anticipating the arrival of a brand new year. We welcome the challenges and opportunities that will unfold with each passing day, and we wish each of you success in all your endeavors.

We view each day as a new opportunity to meet the needs of our students. We hope you'll join us throughout the rest of the year for the various PE Events. These events are sponsored to help families spend quality time with their kids and for kids to show their parents what they are learning in their PE classes.

Here are some other activities to help families spend more quality time together.

- Turn on music and dance! Teach your child dances you learned as a kid.
- Keep a balloon up in the air. Use your hands, knees, and head. Play balloon volleyball over a chair or table, etc. in a seated position.
- Act out stories together.
- Play singing games.
- Ask your child, How many different ways can we move across the room? Be creative!
- Build an obstacle course with chairs, boxes, etc.
- Do chores together.

Physical activity builds young children's bodies and minds. Kids need to run, jump, stretch and play every day.

AT Jumpers' Performances

January:

- **16th[Friday]:**
AT Jumpers Dinner - 5pm-9pm—School Cafeteria
- **23rd[Friday]:**
Annandale HS Basketball Halftime - 7:30pm
- **30th[Friday]:**
ATES Jump Rope for Heart Assembly
- **31st/Feb. 1st[Sat./Sun.]**
- Hot Dog USA Clinic for White team.



5 Bounce-Back Strategies

1. Have friends and be a friend.
2. Believe in Yourself and What you know and can do.
3. Take charge of your behavior and actions.
4. Look on the bright side.
5. Set new goals and make a plan to reach them.



Jump Rope for Heart > Coming February 2nd–6th <

Jump Rope for Heart has several purposes: to teach our students about having a healthy heart by jumping rope and exercising; allows the non-athletic students to participate and succeed in a team activity; and provides an opportunity for students to take part in a community service project. Jump Rope for Heart is a team event. A team of 2-4 will take turns jumping rope for a maximum of 1-1/2

hours (2-30min. Or 2-45min. PE class periods) during the week of **February 2nd –6th.** Participants collect donations, which go towards educating people about heart disease and research to learn ways of preventing and treating heart disease. Students interested will be given permission slips needed in order to participate. **Grades 1st –5th** may participate. Permissions slips will be issued on

January 21st. Permission slips will need to be returned to Ms. Johnson by **Friday, January 23rd.** Students will receive their collection envelopes during the **week of January 28th** and may begin collecting donations upon receiving their envelopes.

All donations will be due by **Friday, February 6th.**



*** Please do not send money until your child has brought their envelope home. Thank you for your support.**



JRFH—Raising Money Has Just Gotten Easier

Students can now raise money online for the Jump Rope for Heart fundraiser by sending a personal message to family and friends asking for support of their event. Donations can be made securely online in the form of a check or credit card. All students need to do is logon to <http://jumpandhoops.kintera.org> and follow five easy steps. When it's time to turn in your envelope, just print out your computer donation report and insert it along with any other money collected. In addition, your names will be entered in a national drawing for a \$100 gift certificate from U.S. Games. **All students using the computer donation program are automatically entered for a chance to win one of five gift certificates. Raising funds online is fast, easy and safe!**

National Girls' & Women in Sports Day

In recognition of this special day on **Tuesday, February 3rd**, we would like to showcase all the girls and female staff at Annandale Terrace that participate in a sports league in

the next PE newsletter. If your daughter, you (the parent) or any staff member participates in a sports league or some kind of athletics this year, including dance, **please let**

Ms. Johnson know by Friday, January 23rd. Names and available pics will be featured in the February newsletter scheduled to go out on February 3rd.