



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



February 2004

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



PE Web Site
<http://lovepe.tripod.com>

Upcoming Events

• February 2—6th:

* *Jump Rope for Heart* *



• February 4th:

* *National Girls' and Women in Sports Day* *

>> *See Showcase in main hallway* <<



• 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 2nd: National Sportsmanship Day!

• March 12th (Friday):

**Dance Night 2004* *



—Annandale HS

—6:30-8:30pm

• March 15—19:

Juggling Skills & Parachute Play

FITNESS: It's a Family Affair

You see them everywhere. Families shooting hoops in a schoolyard. Reebok-shod parents with infants in jogging strollers loping through parks. Parents and kids on bikes or “blades” heading down the boardwalk. Getting fit doesn't have to mean time away from your child. In fact, being active with your kids teaches them to make exercise a lifelong habit.

Parents, along with health professionals wonder about our children's physical fitness. Our children are woefully out-of-shape. The main contributing factors are a reduced exercise level, too many calories and too much time in front of the television. Here are some tips to make exercise a family affair. Make this month a new beginning of fitness and have fun just moving.

Kids do as they see. A recent study of physically fit children revealed that 80% shared play activities with their parents.

For gifts, give your child active toys such as jump ropes, bikes, balls, etc. Play with them together.

Watch less television. During this time, play catch with the kids, ride bikes, walk the dog, dance, roller skate or play hopscotch. During television time, challenge your child to jump rope during the commercial breaks or ride on exercise bike during the show.


(Families—January 2004)

**AT Jumpers’
Performances**

Februry:

- 5th, 6th,
7th(Thurs.-Sat.):
Kimoyo Performance in
Roanoke, VA—White
team.
- 13th(Friday):
Annandale HS
Basketball Half-time
- 21st(Saturday): AAU
Mini Tournament

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

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

National Girls’ & Women in Sports Day

On **February 4, 2004**, thousands of sports educators, coaches, athletic directors, recreation directors, association members, sponsors, students, and parents across the country will show their support of the Day and of this year's theme, "**Play Fair**". NGWSD is celebrated in all 50 states with community-based events, award ceremonies, and activities honoring the achievements and encouraging participation of girls and women in sports. Whether you are a new participant or a veteran, your support of the Day will go a long way to increase visibility for female athletes and advance their struggle for equality in sports.

ATES will have students and teachers who participate in some type of sports activity displayed in the main hallway in recognition of this special day.

Coming in March

Sportsmanship poster
contest. Stay tuned.



CHECK IT OUT!!!



ATES National Girls and Women in Sports Day Showcase

<u>Kind. & 1st</u>	<u>Multiage</u>	<u>2nd & 3rd</u>	<u>3rd & 4th & 5th</u>	<u>Teachers</u>
<u>Kersten</u>		<u>A. Braun</u>	<u>Jones</u>	Ms. Adler
Janice Alcade		Lilly Montes de Oca	Mahriisa Arrington	Ms. Allen
Naomi Anthony	<u>Elkins</u>	Rosemary Nwokeforo	<u>Melton</u>	Mrs. Altenburger
Anya Montes de Oca	Lisa King	<u>Kem</u>	Hannah Amoako	Ms. Berson
Emily Santos	<u>Yaugo</u>	Destiny Gammon	<u>Prosser</u>	Mrs. J. Braun
<u>Gregory/Sommers</u>	Esteysi Muriel	<u>Mani/McCullers</u>	Rachel DiGiulian	Mrs. Amy Burk
Audrey Hibdon	Victoria Rodriguez	April Claros Gomez- Sanchez	<u>P. Altenburger</u>	Ms. Byram
<u>Marquise</u>	<u>Jackson</u>	Vivian Vasquez	Kirsten Brown	Ms. DeSantis
Caitlin Wynkoop	Megan Dinh		Mary Farson	Mrs. Huggins
<u>Yates</u>	Gabby Montes de Oca	<u>J. Braun</u>	<u>Antonelli</u>	Ms. Johnson
Iman Abebe		Alicia Klinko- Peterson	Jessie Acheampong	Ms. Orr
Roxsana Flores- Serrano			<u>Freese</u>	Mrs. Swietlik
			Sarah Farson	Ms. Weiss