



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



May 2004

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

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



• **April 26-30:**

Bowling and Rolling Activities &
Bowl America Bowling Truck



• **April 30th(Friday):**

FAMILY BOWLING NIGHT
Annandale Bowling Center

** You MUST Pre-register. **

• **MAY: NATIONAL FITNESS MONTH**

• **May 3-7: PE & SPORTS WEEK**



• **May 5: Project ACES Day—10:00-10:15am**

School-wide Exercise Program

• **May 3-7 & 10-14:**

Spring Physical Fitness Testing

• **May 17-21 & 24-28:**

Tennis & Striking Activities



• **June 4th(Friday):**

Field Day—Upper Grades (3-5)

• **June 7th(Monday):**

Field Day—Primary Grades (HS-2)

May is National Physical Fitness and Sports

What is May Month? It's a celebration of the joy and benefits of the active lifestyle. Since 1983, the nation has observed National Physical Fitness and Sports Month during May. Proclaiming a special month to promote physical activity and fitness is a way to offer everyone a special incentive to adopt and maintain an active lifestyle for health and greater productivity as well as happiness and fun. May Month is for organizations in the public and private sector, as well as for individuals, families, employees in the workplace, groups and organizations, and communities.

Why May? Spring is in full bloom — it's nature's time for renewal. Inspired by the season's changes, we too are encouraged to embark on new beginnings. With summer just ahead, fun and new adventures beckon at the beach and in the mountains and forests, at secluded lakes, rivers and streams, and at the pool, the tennis court, the golf course, the playing field and the track. All offer physical activity and fitness opportunities for you and your family, friends, co-workers, organizations and groups, and communities. To make the most of the magnificent outdoors and recreation opportunities of summer, we need to be ready to take part in the fun.

We challenge you to bring this message to your family, work- place, organization, and community: commit now to a program of regular physical activity during May Month. If you move for 30 minutes a day every day this month, you'll be on your way to an active summer of fun and fitness; children need to be active for 60 minutes a day — running, skating, climbing, whatever keeps them moving. In just a few weeks, you can build up to a level of physical activity fitness that will let you enjoy hiking, swimming, running, team sports and many other physical activities this summer. Everyone benefits from regular physical activity — babies, children, adults, the elderly, people with disabilities, and people with serious health conditions.

AT Jumpers' PerformancesApril

29—Thursday— POE M.S.—9-12:30pm

May

1— Saturday—Virginia Association AAU Qualifier

22 - Saturday - Leewood Nursing Home 2:00 P.M.

PROPER FOOTWEAR PE & RECESS

- **REMINDER:** Sandals and flip flops are not safe for PE or Recess. Sandals and flip flops provide little or no protection of your child's feet when running and playing at recess. Students not wearing proper footwear in PE will not be allowed to participate. On special occasions, students should bring tennis shoes on their PE days.

**PHYSICAL EDUCATION AND HEALTH EDUCATION
PROFESSIONALS FROM ACROSS THE COUNTRY ADDRESS
NO CHILD LEFT BEHIND**

“The No Child Left Behind Elementary and Secondary Education Act (NCLB) of 2002 calls for high levels of academic accountability in curricula that are identified as ‘core’ subject areas. However, the omission of some subjects, such as physical education and health education, has the potential to create unintended negative consequences - diminishing time and resources for subjects not identified as core,” said NASPE President George Graham, Ph.D. of Pennsylvania State University. “We believe the focused accountability for achievement in math and reading through high stakes tests limits the potential to provide all children with a balanced and comprehensive education for life in the 21st century. “

Quality physical education and health education programs in all K-12 schools provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits. While families and communities play an important role in the prevention of obesity and other health risks, schools must help children develop the skills, knowledge, and confidence necessary to adopt and maintain a healthy lifestyle.

Many children will be left behind if they do not:

- learn how to achieve and maintain health-related fitness and other healthy lifestyle behaviors
- have opportunities to explore their unique potential
- gain an understanding and appreciation of their responsibilities as citizens, and
- develop character traits to help them make good decisions about positive behaviors that support their well-being.

**Everything I Learned in Life
I Learned in Physical Education**

Play by the **RULES**.

BEHAVE or you'll not get to play.

Dress out properly.

Lock up your stuff.

Be **POLITE**.

Warm up.

STRETCH a lot.

Take turns.

Share.

Make friends.

Tolerate **DIFFERENCES** of others.

Consider the **FEELINGS** of others.

Give everyone a **CHANCE**.

Get along.

Be humble.

COOL DOWN.

Cheaters never really win.

Winners never cheat.

Don't tear up the equipment.

Put stuff back where you got it.

Show **SPORTSMANSHIP**.

Shake hands.

Practice to get better at anything.

Know the score.

NEVER GIVE UP!

TRY YOUR BEST always,

And in **ALL** ways!

**If you're interested in adding life
to your years and years to your
life: Get Moving!**