



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



November 2005

“Developing Active Minds and Active Bodies for Life!”



PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



• **October 31—November 4:**

3rd, 4th & 5th: Object Manipulation; Throwing & catching (Emphasis: Flag Football skills and Lead-up games)

K-2nd: Throwing and catching (using various equipment) - [Emphasis: Partner activities & games]



**** Hoop Shoot Try-Outs ****

- **November 1-2, 9:** 4th & 5th grade boys and girls.
- **November 15-16, 22:** 4th & 5th grade boys and girls.
- **November 29-30:** Semi-Finals: 4th & 5th
- **December 6-7:** Semi-Finals: 4th & 5th
- **December 13-14:** Finals: 4th and 5th Grades
- **Nov. 7, 9-11; 14-18; 21-22:** Stunts & Tumbling:



Educational gymnastics;

Spatial awareness, Weight Transfer.

4th & 5th Grades: Individual, partner and group stunts; Balances; Tumbling; Pyramids.

K-3rd Grades: Animal walks, Individual, partner and group stunts; Balances; Tumbling.



Volleyball Lead-up Activities

(Striking with body parts and volleying skills)

November 28-30 and December 1-2; 5-9; 12-16

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound gods."

-JFK

Are You an Honest Person?
(Take this self-evaluation and find out.)

True or False. 1. I am truthful, sincere, and straightforward.

True or False. 2. I don't lie, cheat, or steal.

True or False. 3. I don't intentionally mislead others.

I think I am or I am not an honest person because:

"To make your children capable of honesty is the beginning of education."

~ John Ruskin ~



PHYSICAL EDUCATION

POSITION STATEMENT

(fr. Teaching Elementary Physical Education)

"Physical education is more than recess, more than a time to play. It's a time for learning. Our first aim is to help children improve their movement skills. In addition to helping children become more skillful, we attempt to help them feel good about themselves as movers so that they'll learn to feel comfortable participating in new and different activities. We try to help children experience success in physical education so that they'll enjoy and participate in physical activity both at school and at home. If we give children a good foundation skill development, cognitive understanding, and positive attitudes toward themselves in physical activity, they'll be well on their way to becoming adults who derive the benefits of physically active and healthy lifestyles."

LOVE YOUR BODY, EXERCISE

Exercising as little as 20 to 30 minutes a day is a great way to love your body. It's also fun—so go for the gold! When you exercise, you get a more alert mind so you can do better in school. Exercise increases the blood flow to the brain and all parts of your body.

YOU'RE IT! GET FIT!

From Ms. Johnson and Mrs. Huggins

Let us give thanks...

Take some time to stop and think about all the wonderful things you have. Today, count your blessings, instead of your problems. You may find you have much more to be thankful for than to worry about. We thank our A.T.E.S. Staff, Administrators, students, parents and the community for your continued support of the A.T.E.S. PE Program.

Best Wishes for a very

Happy Thanksgiving.



AT Jumper's NEWS

Students continue with weekly practices. *

** Recent Performances **

October 28 > Annadale H.S.

Parade - Annadale H.S.



October 29 > Annandale Community Parade
- United Methodist Church

Check Out the A.T. Jumpers Web Site:
<http://lovepe.tripod.com/ATJumpers/index.htm>

A.T. HOOP SHOOT TRY-OUTS

The A.T. Hoop Shoot Free Throw Contest will take place in 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 begin this week, Tuesday, November 1st.

Tryouts will be during recess.

The Hoop Shoot Tryouts are open to 4th and 5th grade boys and girls. Look for the upcoming schedule.



Free Throw Contest

Students will shoot foul shots for the contest on a 10 foot basket.



Informational Family Health Web Sites

<http://www.family-friendly-fun.com/>