

ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER

December 2005/January 2006

“Developing Active Minds and Active Bodies for Life!”



PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



December 5-9; 12-16; & 19-22:

Volleyball Lead-up Activities and Games

(Striking with body parts and volleying skills)

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

- **December 6th & 7th:** Semi-Finals: 4th & 5th Grade
- **December 13 & 14th:** Finals: 4th & 5th Grade



January 17-20; 23-27; 31 & Feb. 1-3:

Basketball Lead-up Activities and Games

(Throwing and Catching & Dribbling)

PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home at the end of the grading period. These reports are used to help students recognize areas of fitness that they may need to improve on. Please read over and discuss the reports with your child. Remedial activities are suggested to help your child improve their scores. If you have questions, please contact Ms. Johnson or Mrs. Huggins.

PE Homework - 1st Assignment

Last week, 4th & 5th graders received their first PE Homework assignment of the year. The assignments are used to test your child's understanding of their PE activity. This homework was about Stunts and Tumbling. If you have questions, feel free to contact Ms. Johnson or Mrs. Huggins. Please encourage your child to return their homework assignment **on time** in order for it to count on this grading period. Have fun.

“The mind is a terrible thing to waste.

So is the other 90% of a child!”

Maximize Your Child's Success: Aim for Balance

“Choose an active lifestyle!”

- Children need to run, jump and play ~ a minimum of 60 minutes of physical activity every day.

Our Holiday Wishes!

The month of December is jam-packed with holiday celebrations. Crucial events in history are commemorated, and various celebrations hold special meaning for each of us. We trust that all your holiday activities will bring you good cheer and hope for the year to come. And as 2005 comes to a close, we hope that each of the coming days and years bring more joy and happiness than you could imagine. May today be as good a day as you have ever had and all your tomorrows so good that they make today's memory wane in comparison.

Merry Fitness and a Happy New Year!

From Ms. Johnson and Mrs. Huggins

We hope you and your family have a wonderful holiday. Whether it be Ramadan, Hanukkah, Christmas or Kwanzaa!



Enjoy the time you share with family and friends.



Best Wishes for a very safe and

Happy Holidays!



It's your life!

Be Responsible!

HOLIDAY SAFETY: A to Z

Avoid toys that shoot things which can injure people's eyes.

Buckle up, even when riding with friends and relatives.

Check your sleepwear for the "flame-resistant" label.

Don't wear long, flowing clothing near fireplaces and stoves.

Electric lights should be carefully checked by adults before using.

Find a place to store toys. Don't leave them scattered about.

Get a helmet for a gift if you have a bike, scooter or roller blades.

Have two fire escape plans and practice them.

Inspect your toys often. Show an adult sharp edges and loose parts.

Just use lights that have been safety-tested. Look for the "UL" approved label.

Keep a screen in front of all fireplaces.

Look over labels and instructions carefully with an adult. Use toys suitable for your age.

Make certain that decorations that might harm little brothers and sisters are out of reach.

Never plug more than three light strings into one extension cord.

Open gifts away from the fireplace. Paper wrappings, treated wood and tree branches should not be burned in the fireplace.

Place holiday plants that are poisonous out of reach of young kids.

Quickly water your live tree, if the water dries up.

Remember to admire candles from afar. Never touch or light them. Let an adult light them.

Skate and ride your bike or scooter following the rules of the road.

Turn the tree lights off when you leave the house or go to bed.

Use caution with toys that have long cords or strings.

Very carefully pull cords out by the plug. Don't jerk the cord.

Wear bright colors when shopping, so you can be spotted if lost.

eXtra time should be set aside for rest during the busy holiday season. Tired people often have accidents.

Your holidays will be happier with Zero injuries.



AT Jumper News



The AT Jumpers with the Skip Wizards jump rope team held an afternoon jump rope clinic on December 3. They learned many exciting new jump rope tricks, Double Dutch skills and some new routines!



Lights, Cameras, Action!!!

