



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER
September 2005



“Developing Active Minds and Active Bodies for Life!”

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



August 29-30(MT) & Sept. 1, 2(RF):

- **4th & 5th:** Striking with long-handled implements (**Emphasis: Floor Hockey Skills**)
- **K-3rd:** Movement Exploration: Body and Spatial Awareness



Sept. 6-9(T-F):

- **3rd, 4th & 5th:** Effort; Relationship skills; Space Awareness (**Emphasis: Cooperative Games & Jump Roping**)
- **K-2nd:** Throwing and catching: Underhand with 2 hands and 1 hand. (**Emphasis: Activities and games using various equipment**)



Sept. 12-16; 19-23 & 26-30:

- **3rd, 4th & 5th:** Striking with body parts; body management; kicking, punting, and dribbling (**Emphasis: Lead-up soccer activities and games**) -
- **3rd, 4th & 5th:** * **Begin Fitness Testing.** *
- **K-2nd:** Striking with body parts; body management; kicking, punting, and dribbling (**Emphasis: Ball play: foot dribbling and kicking activities and games.**)

Coming in October

Parachute Play & Jump roping

Flag Football lead-up activities and games



How Can Exercise Become a Way of Life?

If you aren't in the habit of getting exercise, you're probably being told you should start. That's because you can help reduce some dangerous risk factors — like high blood pressure — when you exercise. Getting regular exercise also can help you lose weight and reduce your cholesterol level, two other risk factors for heart disease. The time to start is **now!**

How do I start?

- Talk to your doctor about an exercise plan that's right for you.
- Choose a starting date that fits your schedule and gives you enough time to begin your program, like a Saturday.
- Wear comfortable clothes and shoes.
- Start slowly — don't overdo it!
- Try to exercise at the same time so it becomes a regular part of your lifestyle.
- Drink lots of water before, during and after exercising.
- Ask a friend to start a program with you — use the buddy system.
- Note the days you exercise and write down the distance or length of time of your work-out and how you feel after each session.
- If you miss a day, plan a make-up day. Don't double your exercise time during your next session.

Coming Soon:> October and November

Hoop Shoot Tryouts: 4th & 5th grades

AT Jumper Tryouts



Mileage Club(Recess Running) Challenge

The Feelin' Good Mileage Club is a fitness incentive program based on walking or jogging. Children walk or jog on a set course on the school grounds during recess or during other free time. After each set of completed laps (40-45 laps-small course or 20-25 laps-PE course), students record their laps on their log sheet. For each 5 miles that students walk or jog, they will receive a certificate and shoe token. Students will be able to pick up log sheets from assigned area. If you have questions, please see Ms. Johnson. **The Mileage Club will begin on Thursday, September 1st.**

“ Not all kids are going to be athletes, but they can all be physically active.”

***** Don't forget to turn in your August Wellness Challenge Calendar. *****

WHAT'S HAPPENING IN PE?

Hockey - "No Slap Shots Here!" & Golf – Putting on the Green

We are completing our hockey & golf lessons this week with stations/centers & lead-up games for 4th, and 5th graders. There were six main hockey centers focusing on dribbling, shooting, passing, accuracy activities, and playing. We had a few golf-centered activities that included: Birdie golf, putting cups, a golf challenge and make your own course. If your child has shown an interest in hockey or golf, there are youth leagues available. We will be happy to give you more information.

If you are interested in such sports as:

Soccer, Baseball, T-ball, Tennis, Basketball, etc. Then contact the:

ANNANDALE BOYS' AND GIRLS' CLUB

7236 Columbia Pike

Annandale, Virginia 22003

Telephone(703)941-4411

Fax(703)941-4412

*** Financial considerations available. ***

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.

Moving to Learn! Learning to Move!

In the primary grades [Headstart, Kindergarten & Grades 1st , 2nd and 3rd], we have been practicing basic movement skills. These skills have focused on students moving in their own space; moving all around the gym; moving in different directions, at different speeds and levels. Using different locomotor skills to move {skipping, jumping, hopping, galloping, marching, jogging, leaping, etc.}. We have been working hard on learning how to do good curl-ups(sit-ups), push-ups and stretching properly. Ask your son or daughter to share with you and show you what they're learning.

