

Physical Education Newsletter

“Developing Active Minds and Active Bodies for Life!”

PE Web Site

<http://lovepe.tripod.com>

Jump Rope for Heart
> Coming February 13—17th <



Upcoming Events

- January 30 -
February 3; 6-10:
Basketball/Ball-
handling lead-up
skills & games
- February 1st(W):
National Girls' and
Women in Sports Day
- February 10th
(Friday: AM & PM)
* Jump Rope for
Heart Assembly *
> Featuring the AT
Jumpers
- February 13—
17th:
* Jump Rope for
Heart *
- February 21-24;
27 - March 3:
(T-F): Dance in PE
- March 6-10 & 13-17:
Dance [PE & Music
combo]
- March 7(T):
National
Sportsmanship Day

Jump Rope for Heart has several purposes: to teach our students about having a healthy heart by jumping rope and exercising; allows the non-athletic students to participate and succeed in a team activity; and provides an opportunity for students to take part in a community service project. Students can help make a difference.

Jump Rope for Heart at A.T.E.S. will be held during PE classes during the week of *February 13th–17th*. The classes will consist of a healthy heart lesson and various jump roping skills. How does it work? Participants collect donations, which go towards educating people about heart disease and research to learn ways of preventing and treating heart disease. Students interested will be given permission slips needed in order to participate. Grades 1st –5th may participate.

Permissions slips will be issued on February 1st. Permission slips will need to be returned to Ms. Johnson by Friday, February 3rd. Students will receive their collection envelope as soon as their permission slip is returned and they may begin collecting donations upon receiving their envelopes.

All donations will be due by Friday, February 17th.

- * Please do not send money until your child has brought their envelope home. Thank you for your support.



JRFH—Raising Money Has Just Gotten Easier

Students can now raise money online for the Jump Rope for Heart fundraiser by sending a personal message to family and friends asking for support of their event. Donations can be made securely online in the form of a check or credit card. All students need to do is logon to www.americanheart.org/jump and follow five easy steps. When it's time to turn in your envelope, just print out your computer donation report and insert it along with any other money collected. In addition, if you raise at least \$150 online, your name will be entered in a national drawing for a new bike . All students using the computer donation program are automatically entered for a chance to win one of five gift certificates. Raising funds online is fast, easy and safe!

Jump for the Health of It ! Jump for the Help of It!



A.T. JUMPERS' Performance Schedule

- February 3rd: Annandale/West Potomac Basketball Game - Annandale H.S.
- February 10th: A.T.E.S. JRFH Assembly
* AT JUMPERS COMPETITION DATES *
- February 4th: Mini-Tournament - Howard Community College - Columbia, MD

Random Acts of Kindness

- Give a big smile to someone who looks sad.
- Tell someone how much he or she means to you.
- Be nice to someone, just to be nice.
- Help your parents with a chore at home, without being asked.

National Girls' & Women in Sports Day



"Count Me In!"



> Wednesday, February 1st <

A day to commemorate the accomplishments of female athletes and to highlight how, at the end of the day. This year's theme is 'Count Me In'. This year marks the 20th anniversary for the program. Leadership skills, teamwork, respect for others, responsibility, dedication, and self-confidence are just some of the broad life skills sharpened by those that participate in sports and physical activity.

This year we will celebrate at A.T.E.S. by giving female athletes at our school a chance to sign the A.T. Wall of Honor. Please see Ms. Johnson for more details. Check out the PE Web site for a list of well-know female athletes.



FIT FOR FUN!



Are you an after-school, glued-to-the-tube-type dude? If this doesn't describe you, it probably describes someone you know. Let's look into the future of these couch potato people. You certainly won't see them on TV as the next great athlete. Of course, not everyone grows up to be a world-famous athlete. Even if you don't earn the big bucks for being fit, there are still rewards for exercising.

PUT YOUR HEART INTO IT

Physical fitness helps your body to be strong. Being fit also strengthens your heart, which helps it to pump blood with less effort. The heart then is able to move your blood through your body with fewer beats. This gives your heart a chance to rest between beats.

Sometimes your heart beats faster, like when you run or jump rope. That's because your muscles are using oxygen. So what does that have to do with your heart? Well, your heart pumps blood. Blood is what carries oxygen to your muscles. Oxygen is used to help your muscles contract. After you stop exercising, your muscles don't need so much oxygen, and your heart slows down to normal. This is called your resting heart rate.

The faster your heart returns to normal, the better it is for your heart. The more you exercise, the quicker your heart rate will return to its resting rate. To really help your heart get stronger, you need at least 30 minutes of aerobic (exercise that conditions the heart and lungs) exercise three to four times a week. This means that you need to get your heart beating faster than normal and keep it beating faster for at least 30 minutes.

So, how do you do that? You start by getting off the couch and moving. Any kind of moving will help. You can in-line skate, jog, hike, bike, or swim. Get a friend to get fit with you. How about joining a soccer team, or basketball? You can sign up for a dance class, gymnastics, tennis, or track. You can do something as simple as mowing your lawn or taking your dog for a brisk walk. He needs exercise, too!