

Physical Education Newsletter

"Motivating Students to be Physically Active for a Lifetime!"

PE Web Site

<http://lovepe.tripod.com>



* Sportsmanship Week & Day *

>>> Dare to Play Fair! <<<

ATES Sportsmanship Week

March 6-10, 2006



Upcoming Events

- February 27-28 & Mar. 1-3 : Dance - PE classes
- March 6-10 & 13-17: Dance [PE & Music combo]
- March 7 (T):
National Sportsmanship Day
- March 17th (Friday): 
- **Dance Night 2006* *
Annandale HS
6:30-8:30pm
- March 20-24:
Gymnastics
- March 27-31 & April 2-7:
Intercession
- April 10-14:
Spring Break
April
Track & Field



In celebration of ATEs' Sportsmanship Week, sportsmanship tips will be read on the morning announcements.

National Sportsmanship Day—Tuesday, March 7th

Why?

National Sportsmanship Day was conceived to create an awareness of issues related to sportsmanship in athletics and daily life, as well as to stimulate meaningful dialogue among school administrators, coaches, teachers and students.

Where?

17th Annual National Sportsmanship Day will be held at our school and at institutions across the country and around the world.

Sportsmanship and good deeds go hand and hand.

Sportsmanship is performing acts of good deeds on the playing field, but we can not stop there — we need to practice sportsmanship in every part of our lives.

Not just in sports.

Thank You

To our Jump Rope for Heart participants. Our donations were down this year, but we thank our 19 participants for raising over \$800 to help the American Heart Association fight heart disease and strokes.

A.T. JUMPERS' Performance Schedule

- > March 11: VA Open - AAU - Woodbridge, VA
- > March 17: Dance Night at Annandale HS
- > April 29: USA Jump Rope Regionals - Bouncing Bulldogs - Chapel Hill

TEACHING KIDS TO BE "GOOD SPORTS"

<http://www.pelinks4u.org/articles/darden/sportsmanship.htm>

Turn off the TV – and Turn on to Physical Activity!

Healthy Heart

What does it mean to be healthy? What does it mean to have a "healthy heart"? Most of us think of being healthy as exercising and eating the "right" kind of foods. However, as a young student, being told to exercise and to eat healthy could have empty meanings, or I may have an incongruent definition of exactly what that means. With the increasing rate of obesity in our schools, keeping our hearts healthy becomes a challenge.

So, Get Up! Get Out! Get Fit! Try something fun.

What Is Good Sportsmanship?

Good sportsmanship is doing your best and having good behavior. It means working hard, learning, and following the rules of the game. It also means treating your teammates, your opponents, your coaches, and the officials with courtesy. When you congratulate opponents who beat you, you're practicing good sportsmanship. When you win and thank the other team for a good game, you're also being a good sport.

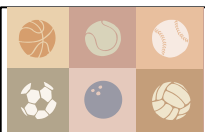
But it doesn't just have to do with sports. The great thing about developing good sportsmanship is that it helps you in other parts of your life, too. Sportsmanship applies to other games (no pouting if you lose at checkers!), contests (don't storm off just because you lost the spelling bee or school election), and more.

When you learn how to work well with other people on a playing field, you'll also find it easier to work well with your classmates in school, participants in other types of after-school or weekend activities, and even your brother or sister!

Sportsmanship Poster Contest



Students who are interested in participating in the ATEs poster contest can pick up a contest paper from Ms. Johnson



CHILDREN FIRST IN SPORTS

Fun is the primary reason children play sports. Being involved with sports is a unique opportunity for players, coaches, officials, parents, and spectators to enjoy "community" in the real sense of the word.

A healthy sports experience for youth can promote positive:

- * competition
- * character development
- * self-esteem
- * social skills
- * physical fitness
- * sportsmanship
- * cooperation
- * sense of belonging

There are few things more exciting than participating in youth sports. As an athlete, you have the opportunity to learn new skills, be a part of a team, make new friends, get lots of exercise and have FUN!