

Physical Education Newsletter

“Developing Active Minds and Active Bodies for Life!”

PE Web Site

<http://lovepe.tripod.com>

National Physical Fitness

and Sports Month*

National Physical Education and Sport Week

>>> May 1-7, 2006 <<<





Upcoming Events

- May 1-5:
Skill/Fitness Stations
and Practice


- May 4th(Thurs.):
PE Field Trip to
Annandale HS for Mile
and 1/2 mile Jog/Walk
(Grades: 4 & 5)

- May 3rd(Wed.):
Project ACES Day -
* School-wide*

- May 8-12; May
15-19; 22-26:
Tennis and Striking
skills 

- May 30 - June 2;
6-8(M-R):
Softball and
Striking skills 

- June 9th: ALL DAY:
Field Day:
Headstart - 2nd

- June 12-15:
Bowling & Bowling
Truck 

- June 16th: ALL DAY:
Field Day: 3rd - 5th

We will celebrate the week and the month with events and activities that encourage physical activity participation and promote fitness.

Ms. Johnson and Mrs. Huggins are joining the country in celebrating May: National Physical Fitness and Sports Month, and reminding America that “Healthy, physically active kids learn better!” Critically concerned about the omission of physical education in the No Child Left Behind legislation, the physical education teacher is also using May: National Physical Fitness and Sports Month as an opportunity to call attention to the possibility of students suffering negative consequences. I believe many children *will be left behind* if they do not:

- learn how to achieve and maintain health-related fitness and other healthy lifestyle behaviors
- have opportunities to explore their unique potential
- gain an understanding and appreciation of their responsibilities as citizens, and
- develop character traits to help them make good decisions about positive behaviors that support their well-being.

Quality physical education programs in all K-12 schools provide the foundation for healthy, active lifestyles that support all learning and help ensure success in future pursuits. While families and communities play an important role in the prevention of obesity and other health risks, schools must help children develop the skills, knowledge, and confidence necessary to adopt and maintain a healthy lifestyle.

The National Association for Sport and Physical Education (NASPE) urges policymakers, school administrators, teachers and families to join together to provide a balanced and comprehensive education of the whole child for life in the 21st century.

A.T. JUMPERS' Performance Schedule

May 13 : Maryland Open AAU Qualifier -
Columbia, MD

June 3: Hampton Roads AAU Qualifier

June 23-25: USA Jump Rope Nationals

While schools play an important role in developing the skills, knowledge, and confidence necessary to adopt and maintain a healthy lifestyle, families must also work together to increase everyone's activity levels and decrease health risk factors.



ACES is an acronym for All Children Exercise Simultaneously. The program was created by Len Saunders, a physical education teacher from New Jersey. Project ACES takes place on the first Wednesday in May as part of National Physical Fitness & Sports Month along with National Physical Education Week. It has been labeled as "the world's largest exercise class" by the media. Since 1989, millions of children from all over the world exercise together to promote proper health and fitness habits. To date, children from over 50 countries have joined in on the fun!

The program has been growing and growing each year. The first year of Project ACES in 1989 had 240,000 children participate worldwide. In the year 2005, the state of Michigan had over 400,000 participants.

TAKE THE FITNESS PLEDGE

Today, your son or daughter will be bringing home the Wellness Challenge Calendar for May. In celebration of May being designated as National Fitness Month, we would like to encourage parents to exercise with their child. At the end of the month, if the student brings back their participation form signed, stating that the family exercised together, then a certificate will be awarded to the family for their participation. May is a great time to experience the joy and health benefits of a variety of physical activities. *Exercise can be fun.* If done with family and friends, it's not only good for your heart, it's a way to spend quality time with the ones you love!

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

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.

Field Day VOLUNTEERS NEEDED!!!

Look for sign-up sheets over the next 2 weeks to sign up to help with your child's field day.

PROJECT ACES DAY

May 3rd, 10:00am -
A.T.E.S. Playground