



ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER



November 2006

“Get Active! Stay Active!!”



PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



- **October 30—November 3:**  
**3rd, 4th & 5th:** Object Manipulation; Throwing & catching (Emphasis: Flag Football skills and Lead-up games)

**K-2nd:** Throwing and catching (using various equipment) - [Emphasis: Partner activities & games]

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

- **October 31st:** 4th grade boys and girls.
- **November 14th:** Byram, Dwyer, and Hembree boys and girls.
- **November 21st:** Morris and Orr boys and girls.
- **November 28th:** Semi-Finals: 4th grade
- **December 5th:** Semi-Finals: 5th grade
- **December 12th:** Finals: 4th and 5th Grades
- **Nov. 6, 8-10; 13-17; 20-21:** Stunts & Tumbling:



Educational gymnastics;

Spatial awareness, Weight Transfer.

**4th & 5th Grades:** Individual, partner and group stunts; Balances; Tumbling; Pyramids.

**K-3rd Grades:** Animal walks, Individual, partner and group stunts; Balances; Tumbling.

Volleyball Lead-up Activities



(Striking with body parts and volleying skills)

**November 27-30 and December 1; 4-8; 11-15**

**What Might Surprise You about Childhood Obesity**

The formula is pretty straightforward: energy in/energy out. This is the term used to describe the intended balance between calories consumed and calories burned. If the level of physical activity is not great enough to burn the amount of calories taken in, weight increases. If this imbalance continues, overweight and possibly obesity result.



**HOW TO BE TRUSTWORTHY**

**BE HONEST. . .**

Don't lie, cheat, or steal.

**BE RELIABLE. . .**

Keep your promises and follow through on your commitments.

**HAVE THE COURAGE. . .**

to do what is right, even when it is difficult.

**BE A GOOD FRIEND. . .**

and don't betray a trust.

## PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home within the next couple of weeks. These reports are use 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.



Reading,



'riting,

'rithmetic,



and running!



### LOVE YOUR BODY, EXERCISE

Exercising as little as 20 to 30 minutes a day is a great way to love your body. It's also fun—so go for the gold! When you exercise, you get a more alert mind so you can do better in school. Exercise increases the blood flow to the brain and all parts of your body.

**YOU'RE IT! GET FIT!**

From Ms. Johnson and Mrs. Huggins

Let us give thanks...

Take some time to stop and think about all the wonderful things you have. Today, count your blessings, instead of your problems. You may find you have much more to be thankful for than to worry about. We thank our A.T.E.S. Staff, Administrators, students, parents and the community for your continued support of the A.T.E.S. PE Program.

Best Wishes for a very



Happy Thanksgiving.



## AT Jumper's NEWS

Students begin weekly practices this week: Tuesdays and Thursdays.

Check Out the A.T. Jumpers Web Site:  
<http://lovepe.tripod.com/ATJumpers/index.htm>

## A.T. HOOP SHOOT TRY-OUTS

The A.T. Hoop Shoot Free Throw Contest will take place in and November in preparation for the upcoming Arlington-Fairfax Elks Lodge annual contest. The competition is between boys vs. boys and girls vs. girls within three age groups. A.T. top free throw shooters will be eligible to go to the local contest, usually held around January. A.T. finalists will receive Certificates of Participation. Tryouts will begin this week, Tuesday, October 31st. Tryouts will be during recess. The Hoop Shoot Tryouts are open to 4<sup>th</sup> and 5<sup>th</sup> grade boys and girls.

Look for posted schedule.

### Free Throw Contest

Students will shoot foul shots for the contest on a 10 foot basket.



**Trust** is the basis of all good relationships and a cornerstone of good character.

Informational Family Health Web Sites

<http://www.family-friendly-fun.com/>