

ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER

December 2006/January 2007

“Get Active! Stay Active!!”



PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



December 4-8; 11-15; & 18-22:

Volleyball Lead-up Activities and Games

(Striking with body parts and volleying skills)

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

- December 5th: Semi-Finals: 4th & 5th Grade
- December 12th: Finals: 4th & 5th Grade



January 16-19(T-F); 22-25(M-R); 29-31 & Feb. 1-2:

Basketball Lead-up Activities and Games

(Throwing and Catching & Dribbling)



PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home at the end of the grading period. These reports are used 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.

From Ms. Johnson and Mrs. Huggins

We hope you and your family have a wonderful holiday. Whether it be Ramadan, Hanukkah, Christmas or Kwanzaa!

Enjoy the time you share with family and friends.



Best Wishes for a very safe and

Happy Holidays!

Merry Fitness and a Happy New Year!

WHAT IS EXERCISE?

Exercise is Moving! It is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

Why Exercise?

- Regular exercise makes your bones and muscles strong!
- Regular exercise keeps you from getting too fat!
- Regular exercise makes your heart strong and healthy!
- Regular exercise cheers you up and helps you feel good about yourself.

What Can I Do?

* Get up!



* Turn off the TV!

* Put down the video games!



Have Fun Moving Your Body!

Exercise can be fun!

Find something you like to do with your friends and family and ...

HAVE FUN!

* Dance

* Kick a ball

* Play

* Walk

* Join a team



* Skate

* Swim

* Hike

* Run

But REMEMBER ...

If it is going to help you, you **NEED TO** exercise 3 or 4 times a week for 20 to 30 minutes at a time!

HOLIDAY SAFETY: A to Z

Avoid toys that shoot things which can injure people's eyes.

Buckle up, even when riding with friends and relatives.

Check your sleepwear for the "flame-resistant" label.

Don't wear long, flowing clothing near fireplaces and stoves.

Electric lights should be carefully checked by adults before using.

Find a place to store toys. Don't leave them scattered about.

Get a helmet for a gift if you have a bike, scooter or roller blades.

Have two fire escape plans and practice them.

Inspect your toys often. Show an adult sharp edges and loose parts.

Just use lights that have been safety-tested. Look for the "UL" approved label.

Keep a screen in front of all fireplaces.

Look over labels and instructions carefully with an adult. Use toys suitable for your age.

Make certain that decorations that might harm little brothers and sisters are out of reach.

Never plug more than three light strings into one extension cord.

Open gifts away from the fireplace. Paper wrappings, treated wood and tree branches should not be burned in the fireplace.

Place holiday plants that are poisonous out of reach of young kids.

Quickly water your live tree, if the water dries up.

Remember to admire candles from afar. Never touch or light them. Let an adult light them.

Skate and ride your bike or scooter following the rules of the road.

Turn the tree lights off when you leave the house or go to bed.

Use caution with toys that have long cords or strings.

Very carefully pull cords out by the plug. Don't jerk the cord.

Wear bright colors when shopping, so you can be spotted if lost.

eXtra time should be set aside for rest during the busy holiday season. Tired people often have accidents.

Your holidays will be happier with Zero injuries.



AT Jumper News

> December 13 (Wed.) -
Clinic at Annandale
Terrace ES

> December 15 (Fri.) - Annandale
HS - Basketball Game



Lights, Cameras, Action!!!

