



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



August 2006

“Get Active! Stay Active!!”

PE Web Site

<http://lovepe.tripod.com>

Welcome

Welcome back to our returning students and welcome to our new students. We are looking forward to a new school year of learning, moving and special activities in Physical Education class. We are planning exciting and active experiences for our students and their families. Ms. Johnson and Mrs. Huggins hope you and your child will have many rewarding experiences throughout the upcoming year. We would like to invite you to come and visit your child’s Physical Education class. Please encourage your child to participate in physical activities on a regular basis. You could make it a family affair. By working together to encourage fitness, we are certain we will be able to help children enjoy a lifetime of physical activity. We hope you and your family will join us for the various fitness activities we have planned to help promote family fitness and fun.



Upcoming Events

- **July 31, August 1-4:**
Orientation/ Movement/Fitness Activities
- **August 7-11; 14-18; 21-25: 3rd, 4th & 5th grades:** Kicking, punting and dribbling
(Emphasis: Soccer skills and lead-up games)
K-3rd: Movement Exploration: Body and Spatial Awareness & Skill evaluations.
- **August 28 –29(MT), & August 31, Sept. 1(RF) & Sept. 5-8: 4th & 5th:** Fitness Testing and Skill evaluations. **K-3rd:** Movement Exploration: Body and Spatial Awareness & Skill evaluations.



Coming in September/October

- Floor Hockey Skills**
- Juggling & Jump roping**
- Coming Soon:**



> October and November

- Hoop Shoot Tryouts: 4th & 5th grades**
- AT Jumper Tryouts**



You have to expect things
of yourself before you
can do them.



We want to teach children the joys of physical activity, the value of health and fitness, and help equip them with knowledge and skills necessary to maintain a healthy lifestyle throughout their lives.

PROGRAM OF STUDIES FOCUS

***** Skill Themes and Fitness Concepts *****

Each unit will focus on specific skill themes with the goal of building a foundation for traditional sports skills.

Students in grades HS - 5th grades will experience a developmentally designed program of skill and fitness development, including educational games, educational dance, and educational gymnastics.

The following motor skills and fitness concepts are included:

- Body awareness
- Balancing
- Chasing, fleeing, dodging
- Kicking and punting
- Striking with implements (short and long handles)
- Rolling
- Throwing and catching
- Traveling
- Volleying and dribbling
- Transferring weight
- Jumping and landing
- Cardio-respiratory endurance
- Flexibility
- Muscular strength and endurance
- Fitness testing

**** Every day each student is expected to participate in all activities played. ****

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 for your child's feet when running and playing at recess. Students not wearing proper footwear in PE or at recess will not be allowed to participate. On special occasions (i.e.—picture day), students should bring tennis shoes on their PE days.

GRADING

3rd, 4th, & 5th grades will be based on class participation, attitude, effort, skills tests and PE homework. The **Wellness Challenge** will count as extra credit.

1st & 2nd grades will be based on effort, class participation, attitude and skill evaluations.

PE HOMEWORK

PE homework is used to check what students have learned during their participation in Physical Education classes. PE homework does count as a part of your child's grade in 3rd, 4th, and 5th grades.

Please stress to your child the importance of completing their assignments and returning them on time.

WELLNESS CHALLENGE

The **Wellness Challenge** is given out once a month to try and help students develop a routine that includes regular daily physical activity. This activity counts as extra credit in 3rd, 4th and 5th grades. And as an on-going fitness activity for K, 1st and 2nd. We encourage parents and guardians to participate together with their child.

FITNESS REPORT CARDS

Fitness report cards will be sent home at the end of the Fall and Spring testing periods. The reports will be for 3rd, 4th and 5th graders, to show and explain each student's scores as well as provide remedial activities.

BEHAVIOR(PROGRESS) REPORTS

PE behavior/progress reports will be sent home as necessary to keep parents/guardians informed about their child's behavior - both positive and improvement needed.

MEDICAL EXCUSES

Please be sure and send a **written excuse**, if your child is not able to participate in PE. For the 1st, 2nd and 3rd day out of PE, the student will be excused from PE with a parent note. More than 3 days will require a doctor's excuse. If your child has any health problems or condition that will prevent regular participation in PE classes, please let us know.

COME CHECK US OUT!!!