



ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER  
September/October 2006



“Get Active! Stay Active!!”

**PE Web Site**

<http://lovepe.tripod.com>

**Upcoming Events**



**Sept. 5-8(T-F):**

- **3rd, 4th & 5th:** Fitness Testing and Skill evaluations.
- **K-2nd:** Movement Exploration: Body and Spatial Awareness & Skill evaluations

**Sept. 11-15; 18-22; 25-29**

- **4th & 5th:** Striking with long-handled implements (**Emphasis: Floor Hockey/Golf Skills**)
- **K-3rd:** Movement Exploration: Body and Spatial Awareness & Manipulatives (**Emphasis: Activities and games using various equipment**)



**Oct. 2-4(M-W):**

- **3rd, 4th & 5th:** Effort; Relationship skills; Space Awareness (**Emphasis: Juggling & Jump Roping**)
- **K-2nd:** Effort; Relationship skills; Space Awareness (**Emphasis: using various equipment**)

**Coming in October**

Flag Football lead-up activities and games

**Informational Family Health Web Site**

<http://www.keepkidshealthy.com/WELCOME/treatmentguides/exercise.html>

***Fitness and Your Child***

Kids who are 6 to 12 years old need physical activity to build strength, coordination, confidence, and to lay the groundwork for a healthy lifestyle down the road. It's also a time when kids gain more control over how active they are.

So it's important to give your school-age child as many opportunities as possible to be active, and to make sure your child is involved in a variety of activities, sports, and games that are a good fit for his or her personality, ability, age and interests. Brainstorm together and let your child choose the activities that feels right. Typically kids won't mind a daily dose of fitness, as long as it's fun.

The National Association for Sports and Physical Education recommends that school age children:

- get 60 minutes or more of physical activity every day
- accumulate activity throughout the day which can broken down into bouts of 15 minutes or more
- avoid periods of inactivity of 2 hours or more

\*\*\* ***Coming in November/December:***

***Fitness at Home*** \*\*\*

If you are interested in such sports as:  
Soccer, Baseball, T-ball, Tennis, Basketball,  
Football, etc. Then contact the:  
**ANNANDALE BOYS' AND GIRLS' CLUB**  
7236 Columbia Pike  
Annandale, Virginia 22003  
Telephone(703)941-4411  
Fax(703)941-4412

\*\*\* Financial considerations available. \*\*\*

Coming Soon:



> October and November  
Hoop Shoot Tryouts:  
4th & 5th grades  
AT Jumper Tryouts



**WHAT'S HAPPENING IN PE?**

Floor Hockey - "No Slap Shots Here!" &  
Golf – Putting on the Green

We will soon begin our hockey & golf lessons next week with stations/centers & lead-up games for 4th, and 5th graders. There will be six main hockey centers focusing on dribbling, shooting, passing, accuracy activities, and playing. We had a few golf-centered activities that included: Birdie golf, putting cups, a golf challenge and make your own course. If your child has shown an interest in hockey or golf, there are youth leagues available. We will be happy to give you more information.

Student Spotlight

Tiara Jones - Ms. Altenburger's class



**PE SPOTLIGHT— CHECK US OUT!**



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.

**"Children who exercise at a young age are building positive habits that last a lifetime."**

\*\*\* Don't forget to turn in your August Wellness Challenge Calendar. \*\*\*

Future wellness calendars may be picked up from the Wellness Challenge folder in the hallway leading to the gym.



**Moving to Learn! Learning to Move!**

In the primary grades [Headstart, Kindergarten & Grades 1st, 2nd and 3rd], we have been practicing basic movement skills. These skills have focused on the students moving in their own space; moving all around the gym; moving in different directions, at different speeds and levels. Using different locomotor skills to move {skipping, jumping, hopping, galloping, marching, jogging, leaping, etc.}. We have been working hard on learning how to do good curl-ups (sit-ups), push-ups and stretching properly. Ask your son or daughter to share with you and show what they're learning.