

# Physical Education Newsletter

## "Get Active! Stay Active!"

PE Web Site

<http://lovepe.tripod.com>

### Upcoming Events

- Mar. 5-9 : Dance -  
PE & Music classes
- March 6(T):  
*National Sportsmanship Day*
- March 9th(Friday):  
\**Dance Night 2007* \*  
Annandale HS (Café)  
6:30-8:30pm
- March -12 & 16-:  
Jump roping skills
- March 19-22(M-R):  
Fitness/Skill Stations
- March 23, 26-30:  
Interession
- April 2-6:  
Spring Break
- April  
Fitness Testing/ Skill  
Evaluations  
Track & Field



### PE & Music Dance Night 2007

"Dancing for Fun and Fitness!"

Friday, March 9th

6:30 - 8:30pm

> Annandale HS Cafeteria <

**\*\* Please be on time \*\***

Dances will be performed by:

Kindergarten, 1st, 2nd, 3rd, 4th, and 5th grades.

**\*\* Special Presentation by the A.T. Jumpers.**

**\* Special Dance presented by 5th grade students.**

**Dance Night Reminders**

1. Please enter the cafeteria from the back.
2. All students attending dance night must be supervised by a parent or a responsible adult. (18 years and older.)



**\*\* Please come out and support our Annual PE & Music Dance Night. \*\***

*Thank You*

**To our Jump Rope for Heart participants. Our donations were down this year, but we thank our 20 participants for raising over \$800 to help the American Heart Association fight heart disease and strokes.**

## A.T. JUMPERS' Performance Schedule

- > March 9th: Dance Night at Annandale HS
- > March 14th: Performance at Parklawn ES
- > March 17th: Kangaroo Kids Festival, Thomas

Jefferson HS, Frederick, MD - All Day

### **TEACHING KIDS TO BE "GOOD SPORTS"**

<http://www.pelinks4u.org/articles/darden/sportsmanship.htm>

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

### **Healthy Heart**

What does it mean to be healthy? What does it mean to have a “healthy heart”? Most of us think of being healthy as exercising and eating the “right” kind of foods. However, as a young student, being told to exercise and to eat healthy could have empty meanings, or I may have an incongruent definition of exactly what that means. With the increasing rate of obesity in our schools, keeping our hearts healthy becomes a challenge.

**So, Get Up! Get Out! Get Fit! Try something fun.**

### **What Is Good Sportsmanship?**

Good sportsmanship is doing your best and having good behavior. It means working hard, learning, and following the rules of the game. It also means treating your teammates, your opponents, your coaches, and the officials with courtesy. When you congratulate opponents who beat you, you're practicing good sportsmanship. When you win and thank the other team for a good game, you're also being a good sport.

But it doesn't just have to do with sports. The great thing about developing good sportsmanship is that it helps you in other parts of your life, too. Sportsmanship applies to other games (no pouting if you lose at checkers!), contests (don't storm off just because you lost the spelling bee or school election), and more.

When you learn how to work well with other people on a playing field, you'll also find it easier to work well with your classmates in school, participants in other types of after-school or weekend activities, and even your brother or sister!

## Cooperation Leads to Effective Competition

(From NASPE's The Right Moves)



What do you think of when you hear the word competition? First place? Last place? Aggression? Teamwork? Winning at all costs? Sportsmanlike participation? Spectators cheering? Spectators jeering? Handshakes? Trophies? Competition means different things to different people and does not only mean winning and losing. One of the best ways for you to think about competition is how it helps you to be the best that you can be.

Think about your “improvement” instead of your “place”. Think about good effort, sportsmanship, and teamwork, because these characteristics can make your teammates your friends. You should always try to be the best that you can be, but don't forget to help your teammates be the best that they can be, too.

Do you know that competition involves cooperation? First, think about sports like soccer and baseball. What do they have in common? Teamwork. How about track and swimming competitions? A relay team is a great example of cooperation. But some sports are individual sports, not team sports, such as gymnastics and diving. Do they involve cooperation? Of course. Although participants compete in individual events, they are part of a larger group that practice together.

The same goes for neighborhood games, even those that are made up. The group must cooperate by agreeing on the rules, taking turns being the leader, and sharing equipment and space.