

Physical Education Newsletter

“Get Active! Stay Active!”

PE Web Site

<http://lovepe.tripod.com>

National Physical Fitness
and Sports Month*

National Physical Education and Sport Week

>>> May 1-7, 2007 <<<



Upcoming Events

- April 30, May 1-4:
Bowling: Physical
Fitness Testing



- May 3rd (Thurs.):
PE Field Trip to
Annandale HS for Mile
Jog/Walk
(Grades: 4 & 5)

- May 8-12:



Gymnastics

- May 14-18;
21-25; May 29-
31(T-R) - June 1(F)



Tennis and
Striking skills

- June 4-8;
June 11-15 :

Softball and
Striking skills



- June 1st: ALL DAY:
Field Day:
Headstart - 2nd
- June 8th: ALL DAY:
Field Day: 3rd - 5th

“Healthy, physically active kids learn better!” That is the key message Ms. Johnson and Mrs. Huggins, the physical education teachers at Annandale Terrace, wants to express in honor of May: National Physical Fitness and Sports Month. However, to achieve that goal the National Association for Sport and Physical Education (NASPE) urges parents, schools and communities to work together to help children become more physically active by creating “physical activity friendly” environments.

“Children and adolescents should spend at least 60 minutes every day in a variety of moderate to vigorous physical activities,” says Ms. Johnson. “In order to achieve that level of activity, we need to find more opportunities for children to be physically active throughout the entire day. Maintaining healthy bodies is not only vital for physical well-being, but for mental and emotional development as well.”

Quality physical education is the cornerstone in developing an active lifestyle. Quality physical education can help students to be more active, more fit, and achieve better academically. In addition to physical education, a physical activity friendly environment will include schools providing extracurricular physical activity programs, especially inclusive, intramural programs and physical activity clubs (e.g. dance, hiking, yoga) that (1) feature a diverse selection of competitive and noncompetitive, structured and unstructured activities, (2) meet the needs and interests of all students with a wide range of abilities, particularly those with limited interests or skills in traditional athletic activities, and (3) emphasize participation and enjoyment without pressure. In addition, walking and biking to school, a before school physical activity break, recess, and a physical activity break at lunch will be a part of this new environment.

A.T. JUMPERS' Performance Schedule

June 1st: A.T.E.S. Field Day: HS, Kind., 1st,
and 2nd grades

June 6th: Performance at Great Falls ES

June 9th: A.T.E.S. Field Day: 3rd, 4th, & 5th
grades

While schools play an important role in developing the skills, knowledge, and confidence necessary to adopt and maintain a healthy lifestyle, families must also work together to increase everyone's activity levels and decrease health risk factors.

IN SUMMARY, to get children more physically active, parents, schools and communities must establish infrastructure and a "physical activity friendly" environment. These include:

- Implement quality physical education programs in all schools.
- Make school facilities available in the non-school hours (6-8 am, 5-11 pm) seven days a week, year-round
- Create safe and well-lit walking paths and fitness courses on school grounds and other public areas
- Monitor and restrict sedentary activities such as television, movies, web surfing and computer games.
- Implement special family activities that involve physical activity (in-line skating, bike rodeos, family fitness nights)
- Provide before school and after school programs that include physical activity opportunities
- Offer physical activity programs for school staff
- Expand positive athletic opportunities for all students
- Provide appropriate playgrounds and recess for elementary school age children
- Encourage schools to promote physical activity opportunities that attract and serve all students (especially non-athletes).

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

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.

Field Day VOLUNTEERS NEEDED!!!

Look for sign-up sheets over the next 2 weeks to sign up to help with your child's field day.



TAKE THE FITNESS PLEDGE

Today, your son or daughter will be bringing home the Wellness Challenge Calendar for May.

In celebration of May being designated as National Fitness Month, we would like to encourage parents to exercise with their child. At the end of the month, if the student brings back their participation form signed, stating that the family exercised together, then a certificate will be awarded to the family for their participation. May is a great time to experience the joy and health benefits of a variety of physical activities. *Exercise can be fun.*

If done with family and friends, it's not only good for your heart, it's a way to spend quality time with the ones you love!