



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



November 2007

“Promoting Good Character in Physical Education!!”

PE Web Site

<http://lovepe.tripod.com>
Upcoming Events



- Nov. 5, 7-9; 12-16; 19-20: Stunts &



Tumbling: Educational gymnastics;
Spatial Awareness, Weight Transfer.

4th & 5th Grades: Individual, partner and group stunts; Balances; Tumbling; Pyramids.

K-3rd Grades: Animal walks, Individual, partner and group stunts; Balances; Tumbling.

**** Hoop Shoot Try-Outs ****
(Tuesdays)



- November 13th: 4th grade boys and girls.
- November 20th: 5th grade boys and girls.
- November 27th: Semi-Finals: 4th grade
- December 4th: Semi-Finals: 5th grade
- December 11th: Finals: 4th and 5th Grades

Nov. 26-30 ; Dec. 3-7 :

4th & 5th Grades: Hockey/Pillo/Golf & Stunts and Tumbling Stations

3rd grade: Striking & Stunts and Tumbling Stations



K-3rd Grades: Activities & Games: Throwing and catching [One and two hands & Underhand and Overhand] using various types of balls

Dec. 10-14 & Dec. 17-21 : Volleyball Lead-up Activities (Striking with body parts and volleying skills)



HONESTY

(Submitted by Mrs. Huggins)

Honesty means to admit wrongdoing, telling the truth. A person who is honest can be more at ease with oneself. Honesty builds trust between friends and teammates and builds good reputations.

If you are on a team or playing a game, try to always admit if you were the one who went out of the boundary line or who accidentally bumped someone, even if it means you lose the point or even the game!



"To make your children capable of honesty is the beginning of education."

~ John Ruskin ~

Are You an Honest Person?

(Take this self-evaluation and find out.)

True or False. 1. I am truthful, sincere, and straightforward.

True or False. 2. I don't lie, cheat, or steal.

True or False. 3. I don't intentionally mislead others.

I think I am or I am not an honest person because:

PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home in December. These reports are should be 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.



Reading,



'riting,

'rithmetic,



and running!



LOVE YOUR BODY, EXERCISE

Exercising as little as 20 to 30 minutes a day is a great way to love your body. It's also fun—so go for the gold! When you exercise, you get a more alert mind so you can do better in school. Exercise increases the blood flow to the brain and all parts of your body.

YOU'RE IT! GET FIT!

From Ms. Johnson and Mrs. Huggins

Let us give thanks...

Take some time to stop and think about all the wonderful things you have. Today, count your blessings, instead of your problems. You may find you have much more to be thankful for than to worry about. We thank our A.T.E.S. Staff, Administrators, students, parents and the community for your continued support of the A.T.E.S. PE Program.



Best Wishes for a very



Happy Thanksgiving.



AT Jumper's NEWS

Jumpers have been participating in weekly practices on Tuesdays and Thursdays.

Check Out the A.T. Jumpers Web Site:
<http://lovepe.tripod.com/ATJumpers/index.htm>

A.T. HOOP SHOOT TRY-OUTS

The A.T. Hoop Shoot Free Throw Contest will take place in and November in preparation for the upcoming Arlington-Fairfax Elks Lodge annual contest. The competition is between boys vs. boys and girls vs. girls within three age groups. A.T. top free throw shooters will be eligible to go to the local contest, usually held around January. A.T. finalists will receive Certificates of Participation. Tryouts will begin next week, Tuesday, November 13th. Tryouts will be during recess. The Hoop Shoot Tryouts are open to 4th and 5th grade boys and girls.

Look for posted schedule.
Free Throw Contest

Students will shoot foul shots for the contest on a 10 foot basket.



PE SPOTLIGHT— CHECK US OUT!

