



ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER



December 2007/January 2008

“Promoting Good Character in Physical Education!!”

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events



*December 3-7 :*

**5th Grades: Hockey (Striking) & Stunts and Tumbling Stations (Body Mechanics)**

**3rd grade: Jump Roping & Stunts and Tumbling Skills Testing**

**K-2nd Grades: Activities & Games: Throwing and catching** [One and two hands & Underhand and Overhand] using various types of balls . Using various targets.

*December 10-14; & 17-21:*

**Volleyball Lead-up Activities and Games**

**\*\* Hoop Shoot Try-Outs \*\***

• **December 4th: Semi-Finals: 4th & 5th Grade**

*January 14-18; 22-25(T-F); 29-31 & Feb. 1(T-F):*

**Basketball Lead-up Activities and Games**

(Throwing and Catching & Dribbling)

PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home at the end of the grading period. These reports are 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.



*Respect*  
**Character Counts**

Showing kindness and consideration for yourself, others, and things.

(Submitted by Mrs. Huggins)

If you respect someone you are sensitive or considerate of their feelings. If you are polite to someone in your classroom or to your teachers, you are showing them respect. If you admire or respect an athlete or a musician for their abilities or achievements. You may respect another student who is a very good soccer player because they have excellent skills. If they are also honest and play fair you can respect the **whole** person and not just their skills!

From Ms. Johnson and Mrs. Huggins

We hope you and your family have a wonderful holiday. Whether it be Ramadan, Hanukkah, Christmas or Kwanzaa!

Enjoy the time you share with family and friends.



Best Wishes for a very safe and

**Happy Holidays!**

**Merry Fitness and a Happy New You!**

## WHAT IS EXERCISE?

Exercise is Moving! It is moving your arms and legs enough to make your heart beat hard and fast. It gives you energy and keeps you healthy.

### Why Exercise?

- Regular exercise makes your bones and muscles strong!
- Regular exercise keeps you from getting too fat!
- Regular exercise makes your heart strong and healthy!
- Regular exercise cheers you up and helps you feel good about yourself.



### What Can I Do?

\* Get up!

\* Turn off the TV!

\* Put down the video games!



### Have Fun Moving Your Body!

Exercise can be fun!

Find something you like to do with your friends and family and ...

### HAVE FUN!

\* Dance

\* Kick a ball



\* Play

\* Walk

\* Join a team



\* Skate

\* Swim

\* Hike

\* Run

But REMEMBER ...

If it is going to help you, you NEED TO exercise 3 or 4 times a week for 20 to 30 minutes at a time!



## Lights, Cameras, Action!!!



## AT Jumper News

> December 8 (Sat.) - Clinic at Annandale Terrace ES

> January 11 (Fri.) - Annandale HS - Basketball Game—7pm

\*\* Jumpers continue to participate in weekly practices on Tuesdays and Thursdays.

Check Out the A.T. Jumpers Web Site:

<http://lovepe.tripod.com/ATJumpers/index.htm>



## Power of Play

Play is an important part of a child's life. Your child learns and grows by playing with you, with other children, and through creative games.

*Power of Play* will give you good ideas for playing with your child and safety tips for children of different ages.

Going to school gives children ages 6 to 12 a brand new way to learn to play fairly with others,

follow rules, and share. Check out <http://www.childrenshealthfund.org/publications/healthed.php>

## Poetry Corner

Respect

By David Harris



If we can not respect another  
How can we expect them to respect us  
If we can not respect someone's beliefs  
How can we expect them to respect ours  
If we can not respect another's race  
How can we expect that race to respect us  
If we can not respect others  
How can we expect respect in return

Everyone expects respect  
No matter who they are  
The only way to gain it  
Is to start treating everyone  
As a friend, a brother, a sister  
As part of our extended family  
No matter what colour or creed they are  
Only then you will start to get  
The respect you so dearly crave