



ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER  
September/October 2007



“Promoting Good Character in Physical Education!!”

**PE Web Site**

<http://lovepe.tripod.com>

**Upcoming Events**



**Sept. 4-7(T-F) :**

- **3rd, 4th & 5th:** Fitness Testing and Skill evaluations. **Complete Soccer Testing.**



**Sept. 10-14 :**

- **3rd, 4th & 5th:** Fitness Testing and Skill evaluations. **Soccer Play.**

**Sept. 17-21 :**

- **3rd, 4th & 5th:** Fitness Testing and Skill evaluations. **Fitness stations/activities.**



**Sept. 4—28:**

- **K-2nd:** Effort; Relationship skills; Space Awareness (**Emphasis: using various equipment**)

>Using various equipment, such as: **Beanbags, Balls(6, 8- ½ ), Deck rings, Hoops, wands**

**Sept. 24 - 28 & Oct. 1-3(M-W) :**

- **3rd, 4th & 5th: Juggling & Jump Roping**

**Oct. 1-3(M-W)**

- **K-2nd:** Effort; Relationship skills; Space Awareness (**Emphasis: Juggling & Jump Roping, rope skills**)

**Coming in October**

Flag Football lead-up activities and games

Hoop Shoot Free Throw Contest

AT Jumper Tryouts



***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 be broken down into bouts of 15 minutes or more
- avoid periods of inactivity of 2 hours or more

***\*\*\* Character is who you are when no one is watching! \*\*\****

**Empathy** means putting yourself in the shoes of the other person. It means understanding how the other person feels.

Ask your child to switch roles with another person the next time there is a conflict between your child and a friend (or between you and your child). Ask him to stop and think how the other person would feel if the roles were reversed. Then ask him to talk about the problem 'AS IF HE WERE THE OTHER PERSON.' "What would the other person say or do?"

**Coming Soon!**

**Access to Interactive PE Lessons via your child's Blackboard account. Stay Tuned!**

**WHAT'S HAPPENING IN PE?**

(3rd, 4th, 5th)

We spent the first week reviewing rules and expectations for PE.

The second week was spent learning to play our new recess games. [Hi-Li (scoop game) ; Baggo (beanbag game); Frisbee Golf]

The last few weeks have been spent reviewing and learning basic soccer skills. Students participated in several stations that included: playing 2 vs. 2; cone dribbling; cone shooting; partner pass and trap and a technology station using a Smartboard.

We will be happy to give you more information about getting your child involved in soccer.



**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 do your September Wellness Challenge Calendar. \*\*\***

**Extra Wellness Calendar Challenges 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 practiced 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 you what they're learning.



**PE SPOTLIGHT— CHECK US OUT!**

