

Physical Education Newsletter

"Promoting Good Character in Physical Education!"

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events

- March 10-14:
Jump roping skills
- March 12th
(Wednesday):
Dance Night 2008
Annandale HS (Café)
6:30-8:30pm
- March 17-21:
Spring Break
- March 24-28 &
31-April 4:
Intersession
- April 7-11 & 14-18:
Fitness Testing/ Skill
Evaluations
- April 21-25:
Bowling: Rolling skills
Bowling Truck
- April 28-May 2:
Fitness Testing/ Skill
Evaluations
- May
Gymnastics
Tennis
Track & Field

PE & Music Dance Night 2008

"Dancing for Fun and Fitness!"

Wednesday, March 12th

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 4th & 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 19 participants for raising \$800 to
help the American Heart Association**





A.T. JUMPERS' Performance Schedule

- > March 12th(Wed.): Dance Night at Annandale HS
- > March 14th(Fri.): Performance at Parklawn ES
- > March 15th(Sat.): 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!

Perseverance

What is perseverance?



- Perseverance is commitment, hard work, patience, endurance.
- Perseverance is being able to bear difficulties calmly and without complaint.
- Perseverance is trying again and again.

You show perseverance when you ...

- Give up your tv time to spend hours studying
- Try a new sport that is very difficult but you don't give up
- Have a learning disability but keep studying even when discouraged
- Come from a home where there is fighting and unhappiness but you still try your best
- Have missed a week of school but you work hard to catch up
- Are at the end of a difficult race but you cross the finish line
- Save money and make sacrifices to buy something
- Spend hours practicing on your music
- Study and work hard to raise your grade
- Try out for something you weren't successful at the first time



> *Work hard and give it your best shot; never be a quitter.* <