

ANNANDALE TERRACE ES

Physical Education Newsletter

"Promoting Good Character in Physical Education!"

PE Web Site

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

- April 28 - May 2:
Skill/Fitness Stations
and Practice; Fitness
Testing
- May 1st(Thurs.):
PE Field Trip to
Annandale HS for Mile
and 1/2 mile
Jog/Walk
(Grades: 4 & 5)
- May 5-9:
Gymnastics
- May 12-16; 19-23:
Tennis and Striking
skills
- May 27 - 30 (T-F);
June 2 - 6:
Track and Field:
Running, Jumping, &
Throwing Activities
- June 6th: ALL DAY:
Field Day:
Headstart - 2nd
- June 13th: ALL
DAY: Field Day: 3rd
- 5th

**NATIONAL PHYSICAL FITNESS****AND SPORTS MONTH***

National Physical Education and Sport Week

>>> May 1-7, 2008 <<<



We will celebrate the week and the month with events and activities that encourage physical activity participation and promote fitness.

"Healthy, physically active kids learn better!" That is the key message Ms. Johnson and Mrs. Huggins, physical education teachers at Annandale Terrace ES 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 Your Name. "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).

Parents and other significant adults (teachers, coaches, etc) should model physically active lifestyles. Parents/guardians need to be aware of the school and community resources that they can choose from to assist children in learning to lead healthy, active lifestyles. All of us must advocate for, take responsibility and seek accountability for physical activity in the education of ALL children and youth.

Healthy, active students make better learners!



A.T. JUMPERS' Performance Schedule

- May 5 (Mon.): Eaglemania at Braddock ES
- June 6 (Fri.): Annandale Terrace ES - Field Day - Primary Grades (HS - 2nd)
- June 13 (Fri.): Annandale Terrace ES - Field Day - Upper Grades (3rd, 4th, & 5th)

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.

Family Fitness Ideas

1. A Family Walk
2. Commercial-size: Exercise during commercials
3. Exercise Videos
4. Household Chores
5. Family Hikes
6. Bike Rides
7. Theme Parks
8. Join Local Gym
9. Walk To School
10. Basic Exercises



Perseverance:

"Stay with a task and don't give up."

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.



makes fitness fun for kids



promotes health and nutrition



promotes sport and exercise



supports physical education

Physical Education Paper Quilt

Students will be given the chance to write in a square and add it to the PE Quilt. Students should write about healthy living, including healthy eating, exercise and getting enough sleep. Students can include activities they participate in, outside of PE. Students can draw pictures or create a page on the computer. Please encourage your child to participate.

PE Field Trip REMINDER

On Thursday, May 1st., 4th and 5th graders will be walking to Annandale High School track to complete their mile jog/walk fitness test. Permission slips were due by Friday, April 25th. Times: 5th: 8:30am & 4th: 9:30am.

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!