



**ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER**



**November 2008**

**“Exercising Our Bodies and Minds!”**

**PE Web Site**

<http://lovepe.tripod.com>

**Upcoming Events**

> Nov. 3, 5-7; 10-14; 17-21:

**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.**

> Nov. 24-26 ; Dec. 1-5 :

**4th & 5th Grades: Hockey & Golf Stations**

**3rd grade: Striking 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)



**PE HOMEWORK DUE:**

2nd—9 weeks for 4th & 5th graders:

1. PE Exercise Review/Test
2. Stunts & Tumbling Review/Test

**Movement is a medicine for creating change in a person's physical, emotional, and mental states.  
~Carol Welch**

***Going for the Goal!!!***

Physical fitness is important for good health. Being a physically fit person means that the body has enough energy to meet all the demands of day-to-day living—going to school, studying, participating in sports or other afterschool activities, and playing with friends. In order to be physically fit and healthy, you need to exercise your heart and other muscles at least 3-5 times per week for 20-60 minutes.

Set a goal to participate in a variety of physical activities each week that improve your physical fitness and help you stay healthy.

\*\*NOTE: If you don't have any ideas for activities, use your monthly "Wellness Challenge Calendar".



**Take the challenge, "Get Fit! Stay 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.

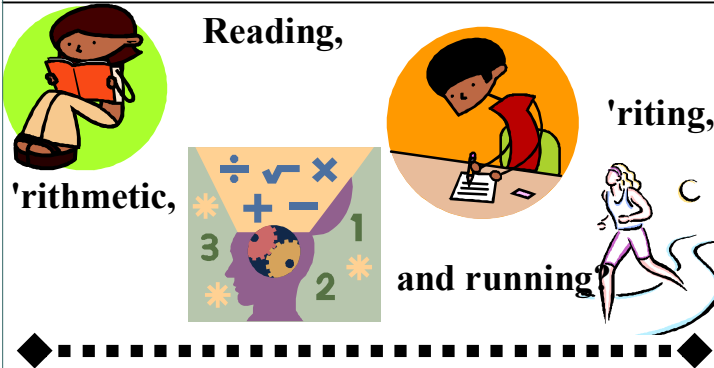
Best Wishes for a very



**Happy Thanksgiving.**

## 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.



### GRADING

4th & 5th grades will be based on class and warm-up participation, skills tests, **PE homework** and **Wellness Challenge**.

1st, 2nd, and 3rd grades will be based on effort, class participation, teacher observation and skill evaluations.

### PE HOMEWORK

**PE homework** is used to check what students have learned during their participation in Physical Education classes. PE homework does count as a part of your child's grade in 4th and 5th grades.

*Please stress to your child the importance of completing their assignments and returning them on time.*

### WELLNESS CHALLENGE

The **Wellness Challenge** is given out once a month to try and help students develop a routine that includes regular daily physical activity. This activity counts as a part of 4th and 5th graders PE grade.

And as an on-going fitness activity for 1st, 2nd, and 3rd graders. We encourage parents and guardians to participate together with their child.



## AT Jumper's NEWS

AT Jumpers have started their weekly practices on Tuesdays and Thursdays.

Congratulations to this year's team.

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

Schedule will be posted soon.

## CITIZENSHIP

Being a good citizen is not developed through mere participation in sports. Citizenship is, at its core, social responsibility. It means doing your part for the common good, making your community and its institutions work well, serving the community, and obeying the laws.

Citizenship through athletic participation occurs both on and off the playing surface, both in and out of season. Developing good citizen-athletes involves defining and developing the relationship from athlete to athlete, from athlete to team, and from athlete to community.

Connecting athletes to the community should be an important part of any athletic program. A coach may remind the athletes that the community supports them through taxes and through attendance at events, and that they have an obligation to give back to the community in some way. The community is part of their team, and it's role should not go unacknowledged.

A.T.E.S.— Promoting Sportsmanship, Character, & Citizenship in sports.



**"You never get a second chance to make a good first impression."**