



**ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER
SEPTEMBER/OCTOBER 2008**



“Exercising Our Bodies and Minds!”

Welcome

Welcome to the beginning of a new school year—a great time to emphasize the importance of physical activity in your child’s education which is vital to his or her health and wellness. Children should accumulate 60 minutes of physical activity per day.

We have all heard the statistics that the percentage of overweight youth has more than tripled in the past 25 years partially due to increased interest in sedentary activities such as television, computers, and video games. A reduction in physical activity as well as an increase in caloric intake has contributed to an obesity epidemic.

You may ask the question: What is the difference between physical activity, physical education and recess so let us take a moment to explain. Physical activity is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. A variety of physical activity opportunities are vital to children’s growth and development. Please remember that all physical activities are not equal.

The cornerstone of a child’s physical activity in schools is physical education. School physical education programs offer the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social

**** Each student is expected to participate in all activities Every day . ****

PE Web Site > <http://lovepe.tripod.com>

environment. In addition to physical education programs, schools should have many opportunities for children to participate in physical activity. One of these opportunities is for students to participate in daily recess.

September is National Recess Month, a time to recognize the need that children have for short, unstructured play and physical activity. Recess, unstructured opportunities of play and physical activity, is an essential element of a child’s academic performance because it helps energize them and get them ready to learn more effectively.

As a parent you can encourage your child to engage in more physical activity after school and on the weekends. Playing with your child will not only motivate the child to be more active, but it will **increase your own personal physical activity**; that is a win – win situation!

We look forward to an exciting, productive and healthy school year, and would like to invite you to visit our physical education class. You will **see children participating in developmentally appropriate activities that will help increase their physical competence, self-esteem and joy of being physically active no matter what their physical abilities may be.** By enhancing your child’s physical activity education, I am certain we will be able to help your child enjoy a lifetime of physical activity and good health. I welcome your support, and hope to see you soon.

- from NASPE’s Sept. ‘07 Toolbox

PROGRAM OF STUDIES FOCUS

***** Skill Themes and Fitness Concepts *****

Each unit will focus on specific skill themes with the goal of building a foundation for traditional sports skills.

Students in grades HS - 5th grades will experience a developmentally designed program of skill and fitness development, including educational games, educational dance, and educational gymnastics.

The following motor skills and fitness concepts are included:

- ❑ Body awareness
- ❑ Balancing
- ❑ Chasing, fleeing, dodging
- ❑ Kicking and punting
- ❑ Striking with implements (short and long handles)
- ❑ Rolling
- ❑ Throwing and catching
- ❑ Traveling
- ❑ Volleying and dribbling
- ❑ Transferring weight
- ❑ Jumping and landing
- ❑ Cardio-respiratory endurance
- ❑ Flexibility
- ❑ Muscular strength and endurance
- ❑ Fitness testing

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 for your child's feet when running and playing at recess. Students not wearing proper footwear in PE or at recess will not be allowed to participate. On special occasions (i.e.—picture day), students should bring tennis shoes on their PE days.

You have to expect things of yourself before you can do them.



2008-09 PE SCHEDULE

UPPER GRADES

5th Grade

Byram - MT

Clarke - WF

*Dwyer - MT

Ferguson—WF

Morris - WF

4th Grade

Altenburger - TW

*Antonelli – TW

Jacobs – RF

Maness - RF

Metcalf - TW

3rd Grade

Boese – MR

*O'Brien - TF

Rogge - MF

Schatz – MW

St. John - RF

Wolf - MT

PRIMARY GRADES

2nd Grade

An - WR

Baione - TW

Bhide – MF

*Decker – TW

Fasullo - MF

Kem – WF

1st Grade

Grant - TR

Klineburger - WF

McCullers/Alexander– WF

Orr – WR

Smith - TR

*Vu, N. – WR

Kindergarten

Brooks/Al-Awolaqi –TF

Colton, A./Beresu – WF

*Colton, T./ Hoang - TF

Luik/O'Brien – MF

Platt/Cortez - MT

Schaefer/Rubio - TR

Vu, T. /Hassan – MW

**** Headstart PE = Wednesdays**

MEDICAL EXCUSES

Please be sure and send a **written excuse**, if your child is not able to participate in PE. For the 1st, 2nd and 3rd day out of PE, the student will be excused from PE with a parent note. More than 3 days will require a doctor's excuse. If your child has any health problems or condition that will prevent regular participation in PE classes, please let us know.

COME CHECK US OUT!!!