

Physical Education Newsletter

“Exercising Our Bodies and Minds!”

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events

- February 2-6: Skill & Fitness Activities; Fitness Testing: 4th & 5th grades Skill Development Activities & Games: Primary grades (K-3) 
- February 4th(W): National Girls' and Women in Sports Day 
- February 6th(F): PE Homework Due: Basketball 
- February 9-13 & 17-20(T-F): Dance in PE 
- February 23 - 27; March 2-6: Dance [PE & Music combo]
- March 3(T): National Sportsmanship Day
- March 6th (Wed.): *Dance Night 2009* Annandale HS (Gym)



Jump Rope for Heart

> Coming March 9—13, 2009 <



Jump Rope for Heart has several purposes: to teach our students about having a healthy heart by jumping rope and exercising; allows the non-athletic students to participate and succeed in a team activity; and provides an opportunity for students to take part in a community service project. Students can help make a difference.

Jump Rope for Heart at A.T.E.S. will be held during PE classes during the week of *March 9th - 13th*. The classes will consist of a healthy heart lesson and various jump roping skills. How does it work? Participants collect donations, which go towards educating people about heart disease and research to learn ways of preventing and treating heart disease.

Grades 1st -5th may participate. Students will receive their collection envelopes in their Tuesday Folders on February 23rd and may begin collecting donations. If your child is not participating, please have them return their envelope, as soon as possible.

All donations will be due by Friday, March 13th.

Please convert all cash to a check made out to the:

American Heart Association

Thank you for your support.



JRFH—Raising Money Has Just Gotten Easier

Students can now raise money online for the Jump Rope for Heart fundraiser by sending a personal message to family and friends asking for support of their event. Donations can be made securely online in the form of a check or credit card. All students need to do is logon to www.americanheart.org/jump and follow five easy steps. When it's time to turn in your envelope, just print out your computer donation report and insert it along with any other money collected. In addition, if you raise at least \$150 online, your name will be entered in a national drawing for a trip to Disney World. All students using the computer donation program are automatically entered for a chance to win one of five gift certificates. Raising funds online is fast, easy and safe!

Jump for the Health of It ! Jump for the Help of It!

“Physical Education is the Heartbeat of Education.” 



A.T. JUMPERS' Performance Schedule

- > Feb. 13th(F): Performances:
 - 1) Centreville ES: 10-10:45am &
 - 2) Cub Run ES: 11-12:30pm
- > Feb. 13th(F): Performance:
 - Annandale HS Basketball Game - 7pm
- > March 6th(F): ATEES Dance Night - 6:30pm (AHS gym)

Random Acts of Kindness

- Give a big smile to someone who looks sad.
- Tell someone how much he or she means to you.
- Be nice to someone, just to be nice.
- Help your parents with a chore at home, without being asked.

National Wear Red Day - February 6, 2009

(<http://www.nhlbi.nih.gov/health/hearttruth>)

Friday, February 6, 2009, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness.

February 2009

Celebrate American Heart Month!

1. Take a CPR Class.
2. Turn kids onto *WhatMovesU*. (<http://www.nflrush.com/health/wmuplanner>)
3. Cook healthy meals at home. (http://www.americanheart.org/deliciousdecisions/jsp/home/home.jsp?_requestid=2869582)
4. Check out heart-healthy information all month. (<http://www.americanheart.org/presenter.jhtml?identifier=3028650#6th>)
5. Take the heart challenge with Heart Trivia. (http://www.aahperd.org/naspe/Toolbox/pdf_files/Feb09/HeartTrivia.pdf)



National Girls' & Women in Sports Day

> Wednesday, February 4th <



A day to commemorate the accomplishments of female athletes and to highlight how, at the end of the day. This year marks the 23rd anniversary for the program. Leadership skills, teamwork, respect for others, responsibility, dedication, and self-confidence are just some of the broad life skills sharpened by those that participate in sports and physical activity.

This year we will celebrate at A.T.E.S. by giving female athletes at our school a chance to sign the **A.T. Wall of Honor**. Please see Ms. Johnson for more details. Check out the PE Web site for a list of well-know female athletes. This year's theme is:

“Look Who’s Playing!”



There are many female athletes who played or are still playing, making a difference, overcoming difficult circumstances, breaking records and making things possible.



The Reality:

Research indicates that helping children make healthful eating and lifestyle choices requires coordinated efforts of our families, communities and schools. As such, there is an important role of classroom education to help change poor eating and exercising habits in children. Research also shows that kids who do get exposed to nutrition, exercise and health messages are much more likely to change behaviors.

Childhood Overweight and Obesity rates are on the rise in the United States. Approximately 30.3 % of children (ages 6 to 11) are overweight and 15.3 % are obese. For adolescents (ages 12 to 19), 30.4 % are overweight and 15.5 percent are obese. Over 9 Million children over age 6 are considered obese in the United States.

Traditional PE programs are being eliminated due to budget cuts and curriculum constraints.

Support your school's physical education program at your school.

LOVE YOUR HEART!



February is American Heart Month. Try and do some cardio activity every day for a healthy heart!