



*ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER*



May '09

“Exercising Our Bodies and Minds!”

PE Web Site

<http://lovepe.tripod.com>



Upcoming Events

- > **May 4-8:** Track and Field: Running, Jumping, & Throwing Activities
- > **May 4-8: (3rd, 4th & 5th)** Fitness Testing and Make-up testing
- > **May 5th:**
PE HOMEWORK DUE: Fitness Testing
- > **May 7th(Thurs.):**
PE Field Trip to Annandale HS for Mile Jog/Walk (Grades: 4 & 5)
- > **May 11-15:** Developmental Gymnastics
- > **May 18-22; 26-29(T-F):** Tennis: Long-handled implement, Throwing, Catching, & Striking Skills
- > **June 1-5; June 8-12:** Softball: Running, Striking, Throwing and Catching Skills
- > **June 5th: ALL DAY:**
Field Day: Kindergarten - 2nd grades
- > **June 12th: ALL DAY:** Field Day: 3rd - 5th grades
- > **June 15 –16:** Cooperative Games

*** May is National Physical Fitness
and Sports Month ***

National Physical Education and Sport Week

>>> May 1-7, 2009 <<<

“Be Active Your Way”

This year’s theme, “Be Active Your Way” was selected to help promote the government’s new Physical Activity Guidelines for Americans which were released in the fall.

Help us celebrate May by visiting your school to celebrate the importance of an effective physical education program in your child’s life. Observe a physical education class, volunteer at a field day event, or simply visit your child’s principal to share your support for physical education as the learning component of your child’s education that must be a part of every school day. Be the advocate who will ensure that a quality school physical education program is in place at your school!

Effective physical education provides children with the skills, knowledge and ability to practice any activity they choose! Recent studies have shown that physical activity can positively affect concentration, memory, and classroom behavior, and is consistently related to higher levels of self-esteem and lower levels of anxiety and stress. Combined, the effects of exercise contribute to your child having increased potential for personal and academic success at school, and the prevention of various diseases related to inactivity.

Join us in making May the start of becoming active in your own way for all the special people in your family!



A.T. JUMPERS' Performance Schedule

- ◆ May 2nd(Sat.): AAU Maryland Open
- ◆ May—TBA: Eaglemania at Braddock ES
- ◆ May 14th(Thurs.): Great Falls ES
- ◆ June 5th(Fri.): Annandale Terrace ES -
Field Day - Primary Grades (Kind., 1st, & 2nd)
- ◆ June 6th(Sat.): AAU Virginia Open (Woodbridge)
- ◆ June 12th(Fri.): Annandale Terrace ES -
Field Day - Upper Grades (3rd, 4th, & 5th)

KEEPING CHILDREN AND YOUTH TURNED ON TO PHYSICAL ACTIVITY

“Keeping children and youth turned on to physical activity is one of the biggest challenges facing parents,” says Your Name, Name of Your School. “Almost half of young people aged 12-21 and more than a third of high school students do not participate in vigorous physical activity on a regular basis. This inactivity is one of the **biggest contributors** to obesity over a lifetime.”

NASPE (National Association for Sports & Physical Education) recommends that schools and families incorporate **at least 60 minutes of moderate physical activity** into each child’s daily routine. The challenge isn’t finding enough time in the day for a child to exercise, rather, it is helping each child identify a sport or activity that he or she enjoys as much as watching television or playing computer games.

The challenge for parents is to **assist** their children in finding physical activities that they enjoy doing with their friends, and that does not require a coach or instructor. “Kids need to discover what else is out there for them: riding a bike, in-line skating, dancing, golf, tennis, martial arts or maybe going to the gym. It is important to allow them to explore these different opportunities and determine what activities they truly enjoy.”

NASPE also suggests that parents **limit the amount of time** their children spend in front of the **television** or **computer** to less than two hours a day, and that they see their parents having fun participating in physical activities of their own choosing. **Children learn by example.** If you enjoy and participate in physical activity, so will your children.

May is Asthma Awareness Month

- ⇒ Asthma is a rapidly growing public health problems.
- ⇒ According to the Centers for Disease Control and Prevention:
 - ◆ About 23 million people, including 6.8 million children, have asthma.
 - ◆ 12 million people report having an asthma attack in the past year.
 - ◆ Asthma accounts for nearly 17 million physician office and hospital visits, and nearly 2 million emergency department visits each year.
- ⇒ Asthma in Children:
 - ◆ Asthma is one of the **most common serious chronic diseases** of childhood.
 - ◆ Asthma is the third-ranking cause of hospitalization among children under 15.
 - ◆ An average of one out of every 10 school-aged children has asthma.
 - ◆ 13 million school days are missed each year due to asthma.
- ⇒ Asthma Can Be Controlled:
 - ◆ **With a plan** that includes medicine and control of environmental triggers, people with asthma can lead healthy, active lives.

Resources

- ◆ Helping Children Develop Healthy Habits Through Fun and Play:
<http://www.sesameworkshop.org/initiatives/health/healthyhabits>
- ◆ **healthfinder.gov**
-a free gateway to reliable consumer health and human services information developed by the U.S. Department of Health and Human Services
- ◆ **KidsHealth.org**
-provides easy to understand health information, has separate areas for parent, kids or teens
- ◆ **acefitness.org**
-American Council on Exercise news and information



For more information about the “Physical Activity Guidelines for Americans,” visit **www.hhs.gov**.