



**ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER**



**November 2009**

**“Teaching Students to Become Physically Active for a Lifetime!!”**

**PE Web Site**

<http://lovepe.tripod.com>

**Upcoming Events**

**> Oct. 26-30 ; Nov. 2, 4-6 :**



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

**K-3rd Grades: Manipulatives and Games:  
Using beanbags and hoops**

**> Nov. 9-13 & 16-20 :**

**Volleyball Lead-up Activities**

(Striking with body parts and volleying skills)



K-3rd: Manipulatives and Games: Using balloons, balls and volleyball nets

**> Nov. 23-24; 25(2hr. - ED): Games:**

**> 4th & 5th: Flag Football activities**

**> K—3rd: Movement Activities**

**> Nov. 30 - Dec. 4, 7-11; 14-18:**

**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.**

**Wellness Calendar/Homework DUE:**

November Calendar due by December 4th.

**PE HOMEWORK DUE:**

2nd—9 weeks for 4th & 5th graders:

1. Stunts & Tumbling Review/Test

**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, Mrs. Huggins and Mr. Griep*

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.

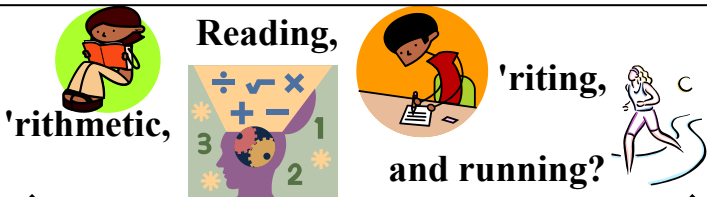
Best Wishes for a very



**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, Mrs. Huggins or Mr. Griep .



## GRADING

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

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

**\*\* Note: We are also implementing a new Standards-based progress report with some classes.**

## 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 will start their weekly practices on Tuesdays and Thursdays, starting Nov. 5th.

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.

## WHAT'S HAPPENING IN PE?

*(4th & 5th)*

We spent last week and will continue this week reviewing and learning basic hockey and golf skills. In hockey students are practicing dribbling; shooting; partner passing and playing. In golf, students are practicing putting.

If your child shows an interest in playing hockey or golf, please let us know. We will be happy to give you more information about getting your child involved in hockey and/or golf.

Congratulations to Mrs. Boese's class for earning the PE awards for good listening and lining up quietly for the 1st - 9 weeks.

## PE SPOTLIGHT— CHECK US OUT!



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