



*ANNANDALE TERRACE ES*  
*PHYSICAL EDUCATION NEWSLETTER*  
*September/October 2009*



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

**PE Web Site**

**<http://lovepe.tripod.com>**

**Upcoming Events**



**Aug. 31, Sept. 1, 3-4(MTRF) :**

- **4th & 5th:** Complete Soccer Testing; Modified Soccer games
- **K-2nd:** Locomotor & Non-locomotor skills

**Sept. 8-11(T-F) :**

- **3rd, 4th & 5th:** Jump Roping; Modified Soccer games
- **K-2nd:** Locomotor & Non-locomotor skills; **Fall Field Day Activity practice.**



**Sept. 14-18 ; 21-25; 28 - Oct. 2(M-W) :**

- **3rd, 4th & 5th:** Fitness Testing and Skill evaluations. **Fall Field Day Activity practice.**
- **K-2nd:** Body Shapes; Locomotor & Non-locomotor skills

**\*\* Sept. 21st: Primary Grade Fall Field Day**

**Sept. 21—25:**

- **K-2nd: Games & Activities:** Body Shapes; Locomotor & Non-locomotor skills

**\*\* Sept. 28th: Upper Grade Fall Field Day**

**Sept. 28 - Oct. 2(M-W) :**

- **K-2nd:** Beanbag activities & games

**Coming in October**

**Juggling**

**Hockey/Golf**

**AT Jumper Tryouts**

***Fitness and Your Child***

**Kids who are 6 to 12 years old need physical activity to build strength, coordination, confidence, and to lay the groundwork for a healthy lifestyle down the road. It's also a time when kids gain more control over how active they are.**

So it's important to give your school-age child as many opportunities as possible to be active, and to make sure your child is involved in **a variety of activities, sports, and games that are a good fit for his or her personality, ability, age and interests.** Brainstorm together and let your child choose the activities that feels right. Typically kids won't mind a daily dose of fitness, as long as it's fun.

The National Association for Sports and Physical Education recommends that school age children:

- get **60 minutes or more of physical activity every day**
- accumulate activity throughout the day which can be broken down into bouts of 15 minutes or more
- **avoid periods of inactivity** of 2 hours or more

**"Children who exercise at a young age are building positive habits that last a lifetime."**



## AT Jumper News & Updates

The AT Jumpers traveled to **Capitol One**, our business partner, to perform for a conference that was held in their beautiful auditorium Thursday, the 13<sup>th</sup> of September. The jumpers had a great time performing and got to see their old teammates once again.



The AT Jumpers jump rope team traveled to Des Moines, Iowa on July 30 to compete in the **AAU Junior Olympics** and represented Annandale Terrace Elementary school and Virginia did very well indeed. Among the highlights, Ahn Vu Nguyen, Megan Dinh, Evelyn Rivera and Angie Hernandez won the Silver medal in Double Dutch. Megan and Angie also won a 5th place in pairs and Anh Vu Nguyen won a bronze in the boys 1 Minute Speed event and Boy's Single Rope Freestyle.

***Congratulations on a job well done!***

## WHAT'S HAPPENING IN PE?

*(3rd, 4th, 5th)*

We spent the first two weeks reviewing rules and expectations for PE and the playground.

The last few weeks have been spent reviewing and learning **basic soccer skills**. Students are practicing dribbling; shooting; and partner pass. Over the next few PE classes, students will be evaluated on their basic skills.

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



## *Moving to Learn! Learning to Move!*

In the primary grades [Headstart, Kindergarten & Grades 1st, 2nd and 3rd], we have practiced **basic movement skills**. These skills have focused on the students moving in their own space; moving all around the gym; moving in different directions, at different speeds and levels. In September, we will be using different locomotor skills to move {skipping, jumping, hopping, galloping, marching, jogging, leaping, etc.}. We have been working hard on learning how to do good curl-ups (sit-ups), push-ups and stretching properly. Ask your son or daughter to share with you and show you what they're learning.

## PROPER FOOTWEAR PE & RECESS

**REMINDER:** Sandals, Crocs and flip flops are **not safe for PE or Recess**. Sandals, Crocs and flip flops provide little or no protection of your child's feet when running and playing at recess. Students not wearing proper footwear in PE will not be allowed to participate. On special occasions, students should bring tennis shoes for PE and Recess.

**\*\*\* Don't forget to do your September Wellness Challenge Calendar. \*\*\***

### New Grading Standards

>> Demonstrates a physically active lifestyle in and outside of PE (Physical Education).

Please strongly **encourage** your child's participation.

## Fall Fun Day: Field Day in September

**VOLUNTEERS** needed for this year's Fall Field Days.

**\*\* Sept. 21st: Primary Grade Fall Field Day**

**\*\* Sept. 28th: Upper Grade Fall Field Day**

**TRY YOUR BEST!**



**PE SPOTLIGHT— CHECK US OUT!**



**PRACTICE!!!**

