



*ANNANDALE TERRACE ES  
PHYSICAL EDUCATION NEWSLETTER*



*October 2011*

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



*PE Web Site*

<http://lovepe.tripod.com>

*Upcoming Events*



- **October 3-7:**  
**4th & 5th:** Kicking, Passing & Dribbling  
(Emphasis: Soccer Lead-up Activities & Games)  
**K-3rd:** Space and Body Awareness; Movement Education: Locomotor & Non-locomotor Skills
- **October 11-14(T-F); 17-21; 24-27(M-R):**  
**4th & 5th:** Fitness Testing & Cooperative Games  
**K-3rd:** Manipulatives & Games: Beanbags & Hoops
- **Fall Field Days:**  
**2nd Grade:** Friday, October 28: 9:30—10:15am  
**3rd Grade:** Friday, October 28: 10:30—11:15am  
**4th & 5th Grades:** Friday, October 28: 1-3pm
- **Note:** Kind. & 1st Grades—Field Day—Spring 2012
- 3rd, 4th, 5th Grades: Obstacle Course—Spring 2012  
\* End of 1st Qtr. (Nov. 4)



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- **October 31 & November 2-4(W-F); 8-12:**  
**4th & 5th:** Fitness Testing & Juggling  
**K-3rd:** Manipulatives & Games - [Emphasis: Wands, Rhythm Sticks & Parachute Play]

**October is**

**Breast Cancer Awareness Month**



**Steps to a Healthier U.S.**

*\* Physical Fitness \**

> Be physically active each day.

Learn how to make regular physical activity a routine part of your life.

*\* Nutrition \**

> Eat a nutritious diet.

Healthy eating is not a fad—it's a lifestyle. Learn what the experts say you need for a healthy diet.



*\* Prevention \**

> Get preventive screening.

Find out how screening can protect you and your family from illnesses YOU can prevent.

*\* Make Healthy Choices \**

> Avoid risky behaviors.

Tobacco is the leading cause of preventable death in the U.S. If you smoke, you can quit. If you don't smoke, don't start.



**We want to teach children the joys of physical activity, the value of health and fitness, and help equip them with knowledge and skills necessary to maintain a healthy lifestyle throughout their lives.**



*PE Homework :*

*Soccer Skills (Kicking and Dribbling) &*

*Lead-up games*

*Assignment DUE Monday, Oct. 17th*





## Heart Healthy Exercises

An exercise program should involve activities that get your heart thumping and your blood pumping. Exercise makes the heart beat faster and circulates blood quickly thru your body. Exercise helps to deliver the needed oxygen to your muscles. Learn how you can count in these activities as part of your weekly exercise routine. Exercise is very important so try some of these great ideas.

- If you have a dog, walking is a great exercise –do it daily and count it in. It’s good for you and your pet.
- Housework is nobody’s favorite activity but believe it or not, count this as exercise especially if you vacuum briskly or mop the floors on a regular basis
- If you have a family, schedule walks after dinner or before lunch and get some quality time in, too.
- Take a few minutes of your break-time to take a walk around the block or around the campus. Or if you go out to lunch, consider walking to a park or a sandwich shop a block or two further away rather than the cafeteria or the closest lunch stop.
- Believe it or not, yard work is a great way to get some exercise in. Mowing the lawn, raking leaves, clipping bushes and pulling weeds is a great way to move those muscles and get some great exercise in.
- Elevators and escalators at the office, school and even the mall makes life convenient – but if you take just one flight of stairs instead of using this convenience, it’s definitely considered exercise – try it. Start with just one flight and soon you’ll be ready for more.
- If you ride the bus or subway, get off at one stop before or after your destination and walk the rest of the way – an easy way to fit a short jaunt into the schedule.



• Parking – we all want the front row but consider parking your car at the far end of the parking lot. A short walk here and there adds up, plus it can reduce the stress we sometimes feel when fighting for the front row spots.



### *National Bullying Prevention Month*

Some kids like to bully other kids. Bullies may hit or punch (physical bullying); tease or call people names (verbal bullying); intimidate in some way with gestures or by avoiding a person (nonverbal bullying or emotional bullying); or send insulting messages by e-mail or text (cyberbullying).

Some kids like to bully other kids. They push them, or hit them, or say mean things to them, or call them names, or tell lies about them, or get other kids to not play with them. Whether you are an educator, student, family, or individual who cares about students, your help is needed to address bullying in schools, recreational programs, or other community organizations.

## ***HALLOWEEN-SAFE KIDS ...***

1. Stay in neighborhoods they know well.
2. Walk with an adult or someone older who obeys the rules of the road.
3. Do not enter a house unless the adult with them says it is OK.
4. Carry their names and addresses and change for a phone call.
5. Visit only well-lighted houses.
6. Finish before dark and carry a flashlight
7. Stay on the left-hand side of the road, facing traffic if there isn't a sidewalk.
8. Do not go between parked cars or cut across lawns.
9. Ask an adult to check their treats before eating them.



*\*\*\* The best way to trick-or-treat is with a grown-up you trust.*

> Especially watch out for: Jack-O-Lantern fires; Darkness; and Cars.



## **Have a Safe Halloween!!!**