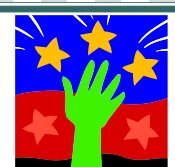


**ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER**



December 2011

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



PE Web Site
<http://lovepe.tripod.com>

Upcoming Events

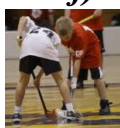
> Dec. 5-9: Stunts & Tumbling:
Educational gymnastics; Spatial Awareness, Weight Transfer.



4th & 5th Grades: Individual, partner and group stunts; balances; tumbling; pyramids.

K-3rd Grades: Animal walks; individual, partner and group stunts; balances; tumbling.

> Dec. 12-16[Wk. 1] & 19-22(M-R)[Wk. 2]:
Striking w/ Long Implements (Hockey/Golf):
4th & 5th grades



~ Manipulatives: Juggling [Wk. 1] :
Kind., 1st, 2nd, & 3rd grades



~ Manipulatives: Deck Rings [Wk. 2]:
Kind., 1st, 2nd, & 3rd grades

> Jan. 3-6(T-F); 9-13; 17-20 (T-F); 23-27
Basketball [5th, 4th, 3rd, 2nd, 1st, K]:



Activities & Games: Throwing and catching [One and two hands & Underhand and Overhand]; Passing; Bouncing; Dribbling

February 13-17

Jump Rope for Heart



PE Homework: Stunts & Tumbling (4th & 5th)

> DUE: Monday, December 19th



**National Handwashing Awareness Week
December 4th – 10th 2011**

Yes, the power is in your hands to prevent the Flu! Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases you ask? For example: Flu, flu-like illness, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more.

The 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth.

Henry the Hand Website:

> <http://www.henrythehand.com/>

CLARIFICATION of the PE Standards for our new Standard-Based Progress Report.

The following is an explanation of how your child will be assessed and what activities need to be performed or demonstrated for the desired achievement grade:

1. ***Performs movement skills and patterns in physical activities.***
 - a. Participate actively throughout their PE class.
 - b. Demonstrate skill achievement in various skill themed activities. (See PE Calendar on front page.)
2. ***Demonstrates knowledge and use of concepts and principles to improve movement skills.***
 - a. ***PE Homework:** used to check what students have learned during their participation in Physical Education classes. (4th & 5th grades)
 - b. Skills Tests; Teacher Skill Observations (formal & informal); Identify skill concepts and principles (written or verbally).
3. ***Demonstrates the knowledge and skills necessary for a health-enhancing level of personal fitness.***
 - a. Correctly perform curl-ups, push-ups, stretching movements, and other various fitness skill activities.
 - b. Able to identify the correct form for curl-ups, push-ups, stretching movements, etc. as taught through the curriculum.
4. ***Demonstrates knowledge and skills that ensure safe participation in physical activity settings.***
 - a. Participates actively and safely throughout their PE class.
 - b. Explain the importance of rules and identify ways to be safe.
 - c. Understands and follows personal safety rules in PE class.
 - d. Understands and follows rules related to games and activities in PE class.
5. ***Demonstrates knowledge and strategies for living a physically active lifestyle.***
 - a. Identify ways to be physically active outside of PE classes.
 - b. ****Wellness Homework:** given out once a month to try and help students develop a routine that includes regular daily physical activity. (ALL: K - 5th) > * MUST be completed to achieve a "4" for this standard.
 - c. Self-assessments; Fitness/Exercise Logs/Journals;
6. ***Physical Education Effort – Always performing at their highest level.***

Notes:

These are meant to be guidelines. If you have specific questions about your child's Physical Education experiences, please feel free to contact your child's Physical Education Teacher.

Achievement Levels:

- 4 – **Consistently** demonstrates concepts and skills of standard taught this quarter; Meets standard with distinction.
- 3 – **Usually** demonstrates concepts and skills of standard taught this quarter; Meets standard.
- 2 – **Sometimes** demonstrates concepts and skills of standard taught this quarter; Partially meets standard.
- 1 – **Seldom** demonstrates concepts and skills of standard taught this quarter; Not meeting standard. (This is not failing.)
- na – Introduced but **not assessed.**
- nt – **Not taught**

PE PHYSICAL FITNESS PROGRESS REPORTS

Fall/Winter Physical Fitness progress reports will be sent home in January '12. These reports will be used to help students recognize the areas of fitness in which they need to improve or maintain. 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.

PE & WELLNESS ASSIGNMENTS:

2nd—9 weeks for *4th & 5th graders:

1. * Physical Fitness Testing Review/Test
2. * Stunts & Tumbling Review/Test
3. November Wellness Challenge (ALL)
4. December Wellness Challenge (ALL)
5. Stunts & Tumbling Skills Tests (ALL)



From Ms. Johnson, Mrs. Huggins and Mr. Griep.

We hope you and your family have a wonderful holiday.

Whether it be Ramadan, Hanukkah, Christmas or Kwanzaa!

Enjoy the time you share with family and friends.

Best Wishes for a very safe and Happy Holidays!



Merry Fitness and a Happy New You!