

ANNANDALE TERRACE ES

Physical Education Newsletter

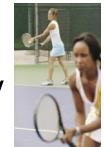
“Teaching Students to Become Physically Active for a Lifetime!!”

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events

- February 1-3:**
 4th & 5th grades: Basketball (Skills tests; modified activities and games)
 Primary grades (K-3): Ball Skill Assessments: Activities & Games:
- February 1st(W):** National Girls' and Women in Sports Day
- February 10th(F):** PE Homework Due: Basketball
- February 6-10; 21-24 (T-F) & 27-March 2:** Volleyball Lead-up Activities and Games
 (Striking with body parts, volleying skills and net games)
- February 13-17:** JRFH
- March 5-9:** Dance & Rhythms: PE only: Using various equipment
- March 6(T):** National Sportsmanship Day
- March 12-16 & 19-23:** Dance & Rhythms: PE & Music combo



**** Dance Night:**

March 23rd — AHS



Jump Rope for Heart

> Coming February 13-17, 2012 <



Jump Rope for Heart has several purposes: to teach our students about having a healthy heart by jumping rope and exercising; allows the non-athletic students to participate and succeed in a team activity; and provides an opportunity for students to take part in a community service project. Jump Rope for Heart is a team event. A team of 2-4 will take turns jumping rope for a maximum of 1 hour (2-30min. PE class periods) during the week of **February 13th – 17th**.

Participants collect donations, which go towards educating people about heart disease and research to learn ways of preventing and treating heart disease. Students interested will be given permission slips needed in order to participate.

Grades 1st – 5th may participate. Students will receive collection envelopes during the **week of February 13th** and may begin collecting donations upon receiving their envelopes.



All donations will be due by **Friday, February 24th**.

**** Please do not send money until your child has brought their envelope home.**

ATES & the AHA thank you for your support.

For More Info.:

http://www.heart.org/HEARTORG/Giving/ForIndividuals/JoinanEvent/jump-rope-sub-home_UCM_315609_SubHomePage.jsp

Please convert all cash to a check made out to the:

> American Heart Association <

Thank you for your support !!!



Jump for the Health of It ! Jump for the Help of It!

Random Acts of Kindness

- Give a big smile to someone who looks sad.
- Tell someone how much he or she means to you.
- Be nice to someone, just to be nice.
- Help your parents with a chore at home, without being asked.



National Wear Red Day - February 5, 2012

(<http://www.nhlbi.nih.gov/health/hearttruth>)

Sunday, February 5, 2012, is **National Wear Red Day**®— a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness.

February 2012

Celebrate American Heart Month!

1. **Take a CPR Class.**
2. **Turn kids onto *WhatMovesU*.**
(<http://www.nflrush.com/health/wmuplanner>)
3. **Cook healthy meals at home.** (http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Welcome-to-DeliciousDecisions_UCM_301068_SubHomePage.jsp)
4. **Check out heart-healthy information all month.**
(<http://www.americanheart.org/presenter.jhtml?identifier=3028650#6th>)
5. **Take the heart challenge with Heart Trivia.**
(<http://lovepe.tripod.com/pehmpag/FebruaryHeartTrivia.pdf>)



“Physical Education is the Heartbeat of Education.”

LOVE YOUR HEART!



February is American Health Month.

Being physically active is one of the most important steps that you can take to improve your health.

National Girls' & Women in Sports Day

> Wednesday, February 1st <



A day to commemorate the accomplishments of female athletes and to highlight how, at the end of the day. This year marks the 26th anniversary for the program. Leadership skills, teamwork, respect for others, responsibility, dedication, and self-confidence are just some of the broad life skills sharpened by those that participate in sports and physical activity.

On February 1, 2012, thousands of sports educators, coaches, athletic directors, recreation directors, association members, sponsors, students, and parents across the country will show their support of the Day and of this year's theme, **"Title IX at 40: In it for the Long Run."**

Despite the stunning advances made in the 40 years since Title IX was enacted, high school girls still receive 1.3 million fewer opportunities and evidence the money spent on girls' sports programs lags significantly behind the money spent on boys' programs.



WE ARE ON THE MOVE!

