



Physical Education Newsletter

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

PE Web Site

<http://lovepe.tripod.com>

Upcoming Events

- February 27–March 2: Volleyball-related activities.
- March 5-9: Dance using various equipment [PE only]
- March 7(T): National Sportsmanship Day
- March 12-16 & 19-23 : Dance [PE & Music combo]
- March 23rd(F): **Dance Night 2012**
- March 26-30; April 10-13(T-F); 16-20: Fitness Testing/ Skill Evaluations/ Track & Field-related activities
- April 23-27: Bowling & Rolling Skills
** Bowling Truck **
May
- PE Walking Field Trip to AHS for Mile run
- Gymnastics (2 wks.)
 - Softball/T-Ball-related skills

**** Dance Night 2012 ****



Annandale HS (Gym)

March 23rd

6:30-8:30pm



> Mark your calendar. <


This grading period:

**** PE Activities that will be included for this grading period:**

1. Basketball Skills Test > 4th & 5th
2. Throwing; Catching & Dribbling tests > 2nd & 3rd
3. Throwing & Catching (Basketball-related) > Kind. & 1st
4. Volleyball Skills & Game play > 4th & 5th
5. Throwing & Catching (Volleyball-related) > Kind., 1st, 2nd, & 3rd
6. Dance (PE & Music classes combined)
7. Daily warm-ups
8. PE Homework (Effort grade) > 4th & 5th

Thank You



To our Jump Rope for Heart participants, 

Who are helping the American Heart Association fight heart disease and strokes by collecting donations. Monies were due Friday, February 24th. If you have not turned in your money, please do so, ASAP. We need to get a final total.

Living Fit in Fairfax Program

On February 24th, we finished our first round of data collection for the Living Fit in Fairfax Program. The three-year grant will provide curriculum, software, equipment, and staff training. The goal of the Living Fit in Fairfax project is to prepare our students to lead active and healthy lives. To meet this goal, there will be an emphasis on helping students increase their health and fitness knowledge and form healthy habits. Students are picked randomly to participate in the program. Students track their activity by using a pedometer and track their eating habits by using a Nutrition Survey. Our 2nd round begins next week, March 6th. If your child is selected, please help them complete their pedometer log.



What Is Good Sportsmanship?

Good sportsmanship is doing your best and having good behavior.

It means working hard, learning, and following the rules of the game.

It also means treating your teammates, your opponents, your coaches, and the officials with courtesy.

When you congratulate opponents who beat you, you're practicing good sportsmanship.

When you win and thank the other team for a good game, you're also being a good sport.

But it doesn't just have to do with sports. The great thing about developing good sportsmanship is that it helps you in other parts of your life, too. Sportsmanship applies to other games (no pouting if you lose at checkers!), contests (don't storm off just because you lost the spelling bee or school election), and more.

When you learn how to work well with other people on a playing field, you'll also find it easier to work well with your classmates in school, participants in other types of after-school or weekend activities, and even your brother or sister!



Turn off the TV – and Turn on to Physical Activity!



Healthy Heart

What does it mean to be healthy? What does it mean to have a "healthy heart"? Most of us think of being healthy as exercising and eating the "right" kind of foods. However, as a young student, being told to exercise and to eat healthy could have empty meanings, or I may have an incongruent definition of exactly what that means. With the increasing rate of obesity in our schools, keeping our hearts healthy becomes a challenge.

So, Get Up! Get Out! Get Fit! Try something fun.

America's Move to Raise a Healthier Generation of Kids

Obesity rates tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents.

We need to get moving. Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.

Let's Move has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move will give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.

Let's Move: <http://www.letsmove.gov/>



TEACHING KIDS TO BE "GOOD SPORTS"

<http://www.pelinks4u.org/articles/darden/sportsmanship.htm>



Lights, Cameras, Action

