



ANNANDALE TERRACE ES
PHYSICAL EDUCATION NEWSLETTER



January 2012

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

PE Web Site

<http://lovepe.tripod.com>



Upcoming Events

- **Jan. 3-6(T-F); 9-13; 17-20 (T-F);
23-27; February 1-3 (W-F):**



Basketball:

Activities & Games: Throwing and catching [One and two hands & Underhand and Overhand]; Passing; Bouncing; Dribbling; other Lead-up Basketball skills

- **Feb. 6-10; 21-24 (T-F); 27-Mar 2:**



Volleyball

- **February 13-17:**

Jump Rope for Heart



- **March 23rd: Annual PE/Music Dance Night - Annandale HS—Main Gym - 6:30—8:30pm**



WHAT'S IN STORE FOR 2012

We have enthusiastically anticipating the arrival of a brand new year. We welcome the challenges and opportunities that will unfold with each passing day, and we wish each of you success in all your endeavors.

We view each day as a new opportunity to meet the needs of our students. We hope you'll join us throughout the rest of the year for the various PE Events. These events are sponsored to help families spend quality time with their kids and for kids to show their parents what they are learning in their PE classes.

Here are some other activities to help families spend more quality time together.

- Turn on music and dance! Teach your child dances you learned as a kid.
- Keep a balloon up in the air. Use your hands, knees, and head. Play balloon volleyball over a chair or table, etc. in a seated position.
- Act out stories together.
- Play singing games.
- Ask your child, How many different ways can we move across the room? Be creative!
- Build an obstacle course with chairs, boxes, etc.
- Do chores together.

PE PHYSICAL FITNESS PROGRESS REPORTS

Fall Fitness progress reports will be sent home at the end of the grading period. These reports are used to help students recognize areas of fitness that they may need to improve on. Please read over and discuss the reports with your child. Remedial activities are suggested to help your child improve their health and scores. If you have questions, please contact Ms. Johnson, Mrs. Huggins or Mr. Griep.

Physical activity builds young children's bodies and minds. Kids need to run, jump, stretch and play every day.

FURTHER REVISIONS 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.
- 2. *Demonstrates knowledge and use of concepts and principles to improve movement skills.***
 - a. Skills Tests; Teacher Skill Observations (formal & informal); Self or Peer Assessments
 - b. 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.
 - b. Self-assessments; Fitness/Exercise Logs/Journals; etc.
- 6. *Physical Education Effort – Always performing at highest level.***
 - a. Main: Takes responsibility for actions; Follows directions; Demonstrates self-control; Follows established rules; Works independently and within a group; Demonstrates active listening skills; Wears appropriate footwear; Participates actively, etc.
 - b. *PE Homework: used to check what students have learned during their participation in Physical Education classes. (4th & 5th grades) > * Necessary to achieve a “4” for effort.
 - c. **Wellness Calendar: given out once a month to try and help students develop a routine that includes regular daily physical activity. (ALL: K - 5th) > * Necessary to achieve a “4” for effort.



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**



Lights, Cameras, Action!!!

PE & WELLNESS ASSIGNMENTS (EFFORT):

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)**

