



Physical Education Newsletter

Skilled Children Do Become More Active Adolescents!

It is a common belief that children who are skilled in fundamental motor skills will be more likely to be fit and active throughout life. However, until now there has not been evidence behind this assumption. The aim of the recent Australian Physical Activity and Skills (PASS) study was to see if children who were able to perform fundamental movement skills, such as catching, kicking and jumping, were more likely to become active and fit adoles-

cents with a better 'perceived sports competence'.

The results of 10 years of following students showed that children who had better object skill proficiency (catching, kicking and throwing) were more active and fit as adolescents with a higher perceived sports competence. Interestingly, children who were locomotor proficient (i.e. good at hopping, jumping and galloping) were no more active or fit as adolescents. This

teaching children motor skills can have an important influence on subsequent positive health-related behaviors and outcomes. In Fairfax County and at Olde Creek one of our primary missions is to teach fundamental motor skills so children will have a proficiency to carry them through adolescents and on into adulthood for a lifetime of fitness and health.



Parents Corner: How Much is Enough?

Children naturally play in short bursts, such as 5 to 10 minutes at a time. They should accumulate about 60 minutes or more, per day total, nearly everyday, to achieve or maintain aerobic fitness. Keep in mind that neither you nor they need

to participate in highly intense physical activity all the time. There are many benefits to be had through moderate intensity exercise as well. A long moderately paced walk, for example will give you a chance to catch up on the day's

events- and burn fat. Keep activities fun, gradually building up aerobic fitness as a team with your child. You'll both benefit physically—and emotionally.

**from Physically Best Activity Guide 2nd edition, by NASPE 2005*

Olde Creek PE
Department

Volume 11, Issue 1

November 2011

Jump Rope

Jump Rope Club is off to a great start. Over 100 members strong! Our performance schedule:

Jan 20 Woodson

Jan 24 Robinson

Feb 9 George Mason

March 5 OCES



Curriculum News

3-6 Students have just finished their Virginia Wellness testing and will now begin work on dribbling with the hands. Kinders will continue to work on Movement Education. 1st&2nd will be throwing & catching.



Inside Story Headline

study shows that teaching children motor skills can have an important influence on subsequent positive health-related behaviors and outcomes. In Fairfax County and at Olde Creek one of our primary missions is to teach fundamental motor skills so children will have a proficiency to carry them through adolescents and on into adulthood for lifetime fitness and health.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message



Caption describing picture or graphic.

you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're



finished writing your newsletter, convert it to a Web site and post it.

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Olde Creek PE Department

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

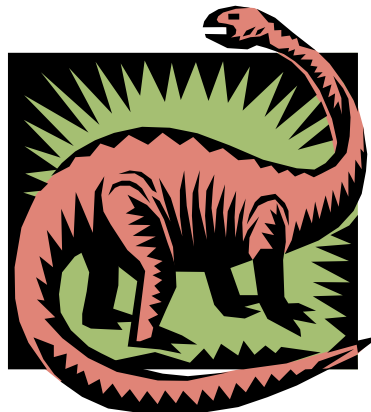
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.