

Jefferson Elementary

Physical Education

Welcome to Physical Education! Hopefully this year you will learn about the importance & many benefits of physical activity and making healthy choices.

Physical Education is a very important part of a student's education. There is a proven connection between physical activity and brain development. We are wired to move and by practicing complex motor movements, we are also exercising our brains and preparing them to learn. Not only will students get the chance to grow physically, they will also get the opportunity to grow socially and emotionally as we focus on respect, responsibility, and honesty.

Here are some things you need to know:

- Students must have athletic shoes and appropriate clothing in order to participate. Students that do not have appropriate shoes may be asked to sit out of activity and complete a worksheet instead.
- All jewelry should be removed before class, especially any pieces that dangle
- Students are expected to come to class with a positive attitude and their best effort
- Grading will be based on the following items:
 - o Effort, Participation, Behaviors
 - o Skill-Based Rubrics
 - o Activity Knowledge/Gameplay-Based Rubrics
 - o Written Activities
 - o Active Lifestyles
 - o Self Reflections & Peer Interactions
- Units include:
 - o Locomotor Skills (running, skipping, galloping, side shuffling, leaping, hopping, jumping, etc.)
 - o Manipulative Skills (throwing, catching, kicking, dribbling, striking, etc.)
 - o Jump Rope
 - o Playground Games
 - o Team Games
 - o Sportsmanship
 - o Team Building & Strategy

"Play the game the way you want others to play the game"

Physical Education Standards

Like other school subjects, physical education has a set of standards in which the curriculum is based on. All of the things that we do this year will fulfill one or more of the following standards.

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.