

COURSE: Physical Education Grades Pre K-8	TEACHER INFORMATION: Steve Sheridan sheridans@sacredheartgroton.org
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COURSE DESCRIPTION:

Physical education (P.E.) provides students with the opportunity to participate in a variety of activities which foster success and growth in the psychomotor, cognitive, and affective domains. The goal is for each student to learn how to:

- enjoy and desire physical activity,
- improve physical fitness,
- achieve success, or at least become comfortable, when engaging in physical pursuits, and
- positively interact with all other participants in physical and athletic situations such as teammates, opponents, officials, teachers, coaches, and spectators.

To achieve these ends, this course will predominantly adhere to the SPARK curriculums developed by the San Diego State University Research Foundation. This award-winning program has been touted as, “the most researched and field tested P.E. program in the world.” The curricula are aligned with the National Standards for Physical Education propagated by the National Association for Sport and Physical Education (NASPE). For more details, please visit www.sparkpe.org

Students will also participate in special activities outside of the SPARK curriculum. Hoops for Heart, Field Day, and Class Choice activities are just a few of those which may take place throughout the year.

COURSE CONTENT:

Pre K-3 rd Grade Units	4 th - 8 th Grade Units
Parachutes Manipulatives Balance, Stunts, and Tumbling Catching and Throwing Jumping Kicking and Trapping Dance Dribbling, Volleying, and Striking Games Speed Stacking Hoops for Heart Sportsmanship	Soccer Basketball Volleyball Floor Hockey Dance and Rhythms Team Handball Frisbee Wiffleball Track and Field Power Walking/Jogging Fun and Fitness Field Games Speed Stacking Hoops for Heart Sportsmanship

STUDENT EXPECTATIONS:

Students must give me 5...

- 1.) **Control:** Make sure your body movement and the tone and volume of your voice are appropriate for school and the assigned activity.
- 2.) **Participation:** Be on time, here, and dressed appropriately for the entire period. Give your maximum effort and be an active participant.
- 3.) **Attitude:** Demonstrate an “I can and I will!” mentality. Avoid arguing with others.
- 4.) **Sportsmanship:** Be a good person, follow school and class rules, the Golden Rule, and help your classmates.
- 5.) **Skills:** Challenge yourself to try something new and improve on what you already know and can do: “Today, I’m a little bit better than I was yesterday!”

BEHAVIOR MANAGEMENT AND GRADING (Grades 1 – 8):

Students will be graded on a daily basis using a 5 point scale. Each student will begin the class with 5 points. Each time he or she violates a rule from the 5 items above, 1 point is deducted. If a student breaks a rule, he or she will be given a given a brief writing assignment to be completed immediately in order to return to regular activity. The writing assignment will be developmentally appropriate for each student and very short with the purpose to reinforce the rules and allow the student to participate in class as fully as possible. On the rare occasion when a student’s behavior is inordinately out of control, highly disruptive, and/or unsafe, he or she will be sent to an administrator and will receive a “zero” for the day. Such decisions will be made on a case by case basis. Students who receive perfect marks in class will be eligible for individual “P.E. Wall of Fame” honors, if maintained throughout the marking period. Additionally, if a whole class achieves perfect marks in a class period, they will receive “P.E. Wall of Fame” honors the following class. Classes will earn one Class Choice P.E. for every three Wall of Fame honors they receive. This means the class chooses the activities for one class period. Students who perform in an outstanding and exceptional manner will receive “P.E. Powerhouse” honors. This rare honor is given to those students who go above and beyond to improve themselves and our learning community as a whole. In addition to being graded on daily performance, students will periodically be given formal assessments such as quizzes and tests. Such assessments will be in several formats including: written, oral, and physical demonstration. Formal assessments will be worth 20% of students’ final grades.

BEHAVIOR MANAGEMENT AND GRADING (Grades Pre K – K):

Students in Pre K and kindergarten are expected to follow the same rules as outlined above. However, it is not developmentally appropriate to boil their progress down to a single letter grade like that of their older schoolmates. Alternatively, Pre K and kindergarten are informally assessed via teacher observation and their progress is reported in a comprehensive manner at the end of each marking period. Ultimately, students who follow teacher directions and give their best effort in activities fare very well come report card time.

DRESS CODE:

Adherence to the school’s uniform policy is required. For P.E., it is especially important that your child wear appropriate footwear (any lace-up or Velcro athletic shoe with decent tread-wear will do). Mary-Janes, dress shoes, slippers, boots, sandals, etc. will not be permitted and your child’s grade will reflect the violation. A note will be sent home if such violations persist. We will be outside as frequently as possible. So, please dress your child for the day’s weather. This includes a hat for sunny days.

I am very much looking forward to working with your child this year. Please feel free to contact me at any time should you have any questions.