Mrs. Kathy Jones

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<http://ssmphysicaleducation.yolasite.com>

3-5 Physical Education

**Goal**

The primary goal of physical education is to assist students in the development of skills and

knowledge of human movement that will help develop a lifelong love of physical activity

with a focus on cooperative play, sportsmanship, and leadership skills in a safe environment.

**Attire**

**Shoes**: All students must wear athletic shoes to class (these do not include Tom’s or other rubber-soled shoes that are not worn strictly for athletics). Points will be deducted from his/her grade for not following this directive as this is a safety concern.

**Shorts**: Girls are encouraged to wear shorts, skorts, sweat pants, or leggings to class if they follow the guidelines of the handbook for free dress days (jumpers are left in the classroom during PE). The uniform short or skort will also be appropriate. Points will not be deducted from their grade if they wear their jumpers to class. However, the jumper sometimes interferes in some activities, such as when using scooter boards.

**Safety**

Safety will always be the most important aspect of any physical activity. The Boys Town skills will be used to help develop the proper attitudes and actions during physical activity.

**Curriculum**

A variety of activities will be introduced which will provide opportunities for students to improve on and learn new skills—some individual and some team activities. Personal health will also be emphasized. Movement, games, fitness activities, and team building activities will be included. Cooperation with classmates is expected.

**Expectations**

Students will:

* Participate in all activities for fitness, enjoyment and social interaction
* Demonstrate social and safety skills and habits with respect to self and others, regardless of individual differences in skills and abilities
* Apply fundamental and specialized locomotor skills in game situations
* Demonstrate critical elements for manipulative skills
* Understand the health aspects of physical activity and diet
* Identify and apply appropriate cooperative, social and teamwork skills in game situations
* Follow rules, cooperate with teammates and apply a simple strategy in a variety of sports-specific lead-up games
* Apply self-control in physical activities and differentiate between appropriate and inappropriate behaviors
* Interpret and move to a variety of music
* Recognize the components of skill-related fitness (agility, balance, coordination, speed, and power)
* Fifth grade students will participate in *Jump Rope for Heart*

Students will participate in

* Physical activities and recognize that they provide opportunities for enjoyment, challenge and self-expression
* **A written note or email from parent(s) or doctor will excuse a student from participating in activities without a deduction to his/her grade.**

**Grading**



Each class is worth 8 points:

* 4 points—Participation/safety (Students will be graded on Effort, not skill level.)
* 2 points—Cooperation/sportsmanship
* 2 point—Wearing proper tennis shoes

**Sycamore**

Grades will be posted in a timely manner.