

K-3 Physical Education

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Welcome to our Physical Education Class!

The goal of our physical education program is to give our students the knowledge, skill and confidence they need to enjoy a lifetime of healthful physical activity!

Schedule: Classes meet twice per six day cycle for 40 minutes.

Content: Students will be introduced to a number of developmentally appropriate activities that will allow them to explore, recognize and use fundamental concepts of movement and basic movement skills. Students will be asked to start to notice how their body changes during physical activity. Lastly, students will identify and engage in physical activities that promote fun and physical fitness, health, and cooperation.

Activities: Activities students may participate in include but are not limited to: space awareness games, tag games, scooter games, chasing, fleeing and dodging games, balance activities, educational gymnastics, locomotor and non-locomotor movement activities, movement stories, rhythm and dance activities, jump rope, throwing and catching games, kicking games, dribbling and passing games, striking activities, puff floor hockey, cooperative and teamwork games, and games to promote fitness and the understanding of heart health, strength, and flexibility!

Uniform Policy:

- K-3 students are strongly encouraged to wear a PE uniform on assigned days.
- Sneakers are mandatory. If students do not have sneakers, they will not be allowed to participate. Girls who wear the uniform dress must have shorts on underneath to participate.

Grading: You can expect standards to be upgraded on grade book in November, February, and May/June. More information, including grading rubrics are available on our website.

Special Events: Jump Rope for Heart, Field Day. Dates TBA and may be found on our website.

Thank you! We are looking forward to a great school year!

150 HPE Staff:

Coleen McNamara: cmcnamara@ccs.us Chris Falcone: cfalcone@ccs.us Devyn Davis: ddavis@ccs.us

For more information and details, see on our website: K1peccs.weebly.com