

Plymouth Elementary School's Mission Statement:

Educating children to become caring, capable citizens and lifelong learners in a global community.

Physical Education

Philosophy Statement: Physical education provides all participants with opportunities to develop healthy, active habits, positive personal and social behaviors and an appreciation of physical activity for lifelong health. Through active learning and play, physical education provides direct, experiential evidence to students, that is transferred to future endeavors.

<p>Kindergarten Experience (Twice a week for one trimester/Once a week for remainder)</p>	<p>Grade One Experience (Twice a week for ½ the year)</p>	<p>Grade Two Experience (Twice a week for ½ the year)</p>
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<p>Overarching Question(s): Which ways can we move? How can we move things? How can we play? Sampling of Topics of Study: Spatial awareness, Locomotor skills, Manipulative skills, Shapes and colors, Right and left discrimination, Eye-hand coordination, Scooter activities, Rhythm skills, Parachute skills, Hoop skills, and Recreational games. Critical Skills and Standards:</p> <ul style="list-style-type: none"> • Demonstrate competency in 	<p>Overarching Question(s): Which ways can we move? How can we move things? How can we play? Sampling of Topics of Study: Body awareness, Locomotor activities, Chasing and fleeing games, Throwing and catching, Stunts and tumbling, Jump rope skills, Adventure activities, Parachute activities, Physioball core training, Relays, and Recreational games. Critical Skills and Standards:</p> <ul style="list-style-type: none"> • Demonstrate competency in a 	<p>Overarching Question(s): How do my actions affect me/others? How can we play as a team? Sampling of Topics of Study: Hoop activities, Parachute activities, Stunts and tumbling, Hand-eye coordination, Racket activities, Adventure activities, Physioballs, President's Physical Fitness Challenge, Baseball and Recreational games. Critical Skills and Standards:</p> <ul style="list-style-type: none"> • Demonstrate competency in a variety of motor skills and
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<p>locomotor skills, such as: running, jumping/landing for distance, and jumping/landing for height,</p> <ul style="list-style-type: none"> ● Demonstrate competency in manipulative skills, such as: under/ overhand throwing, catching, dribbling, kicking, under/ overhand volley, and striking with short/long implement, ● Demonstrate competency in a variety of motor skills and movement patterns, ● Apply knowledge of concepts, principles strategies and tactics to movement and performance, ● Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness, ● Exhibit responsible personal and social behavior, ● Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction 	<p>variety of motor skills and movement patterns,</p> <ul style="list-style-type: none"> ● Apply knowledge of concepts, principles strategies and tactics to movement and performance, ● Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness, ● Exhibit responsible personal and social behavior, ● Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction 	<p>movement patterns,</p> <ul style="list-style-type: none"> ● Apply knowledge of concepts, principles strategies and tactics to movement and performance, ● Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness, ● Exhibit responsible personal and social behavior, ● Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction
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Grade Three Experience (Twice a week)	Grade Four Experience (Twice a week)	Grade Five Experience (Twice a week)
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Overarching Question(s):	Overarching Question(s):	Overarching Question(s):
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Sampling of Topics of Study:

Soccer, Running, Dodging, Team building, Problem solving, Project Adventure Challenge Course, Resistance training, Strength training, Physio ball, Core training, Scooter activities, President's Physical Fitness Challenge, and Recreational games.

Critical Skills and Standards:

- Demonstrate competency in locomotor skills, such as: running, jumping/landing for distance, and jumping/landing for height,
- Demonstrate competency in manipulative skills, such as: under/ overhand throwing, catching, dribbling, kicking, under/ overhand volley, and striking with short/long implement,
- Demonstrate competency in a variety of motor skills and movement patterns,
- Apply knowledge of concepts, principles strategies and tactics to movement and performance,
- Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior,
- Recognize the value of physical

Sampling of Topics of Study:

Soccer, Chase and flee activities, Running, Dodging, Team building, Problem solving, Project Adventure Challenge Course, Resistance training, Strength training, Physio ball, Core training, Scooter soccer, Scooter basketball, President's Physical Fitness Challenge, and Recreational games.

Critical Skills and Standards:

- Demonstrate competency in locomotor skills, such as: running, jumping/landing for distance, and jumping/landing for height,
- Demonstrate competency in manipulative skills, such as: under/ overhand throwing, catching, dribbling, kicking, under/ overhand volley, and striking with short/long implement,
- Demonstrate competency in a variety of motor skills and movement patterns,
- Apply knowledge of concepts, principles strategies and tactics to movement and performance,
- Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness,
- Exhibit responsible personal and social behavior,

Sampling of Topics of Study:

Soccer, Chase and flee activities, Running, Dodging, Team building, Problem solving, Project Adventure Challenge Course, Resistance training, Strength training, Physio ball, Core training, Scooter soccer, Scooter basketball, President's Physical Fitness Challenge, and Recreational games.

Critical Skills and Standards:

- Demonstrate competency in locomotor skills, such as: running, jumping/landing for distance, and jumping/landing for height,
- Demonstrate competency in manipulative skills, such as: under/ overhand throwing, catching, dribbling, kicking, under/ overhand volley, and striking with short/long implement,
- Demonstrate competency in a variety of motor skills and movement patterns,
- Apply knowledge of concepts, principles strategies and tactics to movement and performance,
- Demonstrate the knowledge and skills to achieve/maintain a health-enhancing level of physical activity and fitness,
- Exhibit responsible personal and social behavior,

<p>activity for health, enjoyment, challenge, self-expression and/or social interaction.</p>	<ul style="list-style-type: none"> Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 	<ul style="list-style-type: none"> Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
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*Critical skills/standards align with current national standards developed by SHAPE America (Formerly AAHPERD)

<p>Grade Six Experience (Once a week, then Twice a week)</p>	<p>Grade Seven Experience (Once a week, then Twice a week)</p>	<p>Grade Eight Experience (Once a week, then Twice a week)</p>
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<p>Overarching Question(s): How do we work together as a team? How do we use problem-solving skills in team activities?</p> <p>Sampling of Topics of Study: Soccer, Running, Dodging, Team Building, Problem-Solving, Project Adventure Challenge Course, Resistance Training, Strength Training, Physio Ball, Scooter Activities, President's Physical Fitness Challenge, and Recreational Games.</p> <p>Critical Skills and Standards:</p> <ul style="list-style-type: none"> Demonstrate the ability to function as a team, play various positions, and apply soccer skills, Demonstrate proper running and stretching techniques, and dodging agility, Demonstrate cooperation, critical 	<p>Overarching Question(s): How do we work together as a team? How do we use problem-solving skills in team activities?</p> <p>Sampling of Topics of Study: Soccer, Running, Dodging, Team Building, Problem-Solving, Project Adventure Challenge Course, Resistance Training, Strength Training, Physio Ball, Scooter Activities, President's Physical Fitness Challenge, and Recreational Games.</p> <p>Critical Skills and Standards:</p> <ul style="list-style-type: none"> Demonstrate the ability to function as a team, play various positions, and apply soccer skills, Demonstrate proper running and stretching techniques, and dodging agility, 	<p>Overarching Question(s): How do we work together as a team? How do we use problem-solving skills in team activities?</p> <p>Sampling of Topics of Study: Soccer, Running, Dodging, Team Building, Problem-Solving, Project Adventure Challenge Course, Resistance Training, Strength Training, Physio Ball, Scooter Activities, President's Physical Fitness Challenge, and Recreational Games.</p> <p>Critical Skills and Standards:</p> <ul style="list-style-type: none"> Demonstrate the ability to function as a team, play various positions, and apply soccer skills, Demonstrate proper running and stretching techniques, and dodging agility,
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<p>thinking and problem-solving through team activities,</p> <ul style="list-style-type: none">• Properly use exercise equipment to improve strength.• Ability to read and understand national norms chart.	<ul style="list-style-type: none">• Demonstrate cooperation, critical thinking and problem-solving through team activities,• Properly use exercise equipment to improve strength,• Ability to read and understand national norms chart.	<ul style="list-style-type: none">• Demonstrate cooperation, critical thinking and problem-solving through team activities,• Properly use exercise equipment to improve strength,• Ability to read and understand national norms chart.
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