

West Patent Elementary School Physical Education

Goal: Our goal, by the completion of elementary school, is to have your child become comfortable both physically and socially in an active environment and to build on his/her unique abilities. We hope this focus will help improve the quality of life for your child. During the school year, your child will be taught to be competent in many as well as proficient in a few lifetime games or activities. By learning a wide variety of sports, your child will have an opportunity to choose one or many of these activities as a source for life long fitness.

Preparation: Please make a note of the days your child has physical education. (A/C or B/D) Children should be prepared with athletic sneakers and clothing that is appropriate for physical activity. Grades 2-5 will be going outside as long as the weather permits. Students should bring water bottles, jackets, and sweatshirts when necessary.

Grades K-2

Students Will:

- Learn the importance of warming up before activity.
- Become safe movers within their environment.
- Develop body coordination, awareness, and loco motor skills.
- Develop a foundation of skills that will be transferable to sport.
- Engage in modified game play and begin learning rules of team sports.
- Learn basic concepts of health and nutrition.

Grades 3-5

Students Will:

- Learn skills necessary to participate in team sports and activities.
- Be introduced to modified games and team sports.
- Be introduced to a wide variety of fun and challenging activities.
- Be introduced to tactical concepts of team sports.
- Participate in the Bedford fitness assessment twice during the school year.
- Engage in age appropriate lessons about health and nutrition.

Expectations for All Students:

Respect:

- Yourself- work hard, do your best, and have fun.
- Your classmates- treat others the way you want to be treated.
- Your teachers- be a good listener when teachers are talking.
- Your equipment- use all equipment safely and correctly.