

Subject: Physical Education
Teachers: Physical Education Staff
Grades: 4-8

Philosophy:

Physical Education contributes to the complete education of students by enabling them to realize their physical, mental, emotional, and social potential.

The ultimate goal of physical education is to develop and educate each individual through the median healthful, interesting, and enjoyable physical activity. Cooperation and good sportsmanship are also desirable outcomes. Through these experiences, students will be able to grow physically as well as mentally.

Goals:

- To develop and maintain a suitable level of fitness and health;
- To educate students to become competent in management of their body;
- To acquire useful skills in the activities to throughout the entire year;
- To foster mental alertness in reacting strategically to game situations;
- To have students acquire needed safety skills and habits;
- To inspire wholesome recreation, and develop a desirable self-concept and self-image;
- To have students obtain personal and educational benefits from the program;
- To develop an appreciation and interest in the cardiovascular benefits of exercise;
- To learn to interact with other in a socially and sound manner;
- To understand how the body functions and its relationship to physical activity;
- To demonstrate a knowledge of game rules, safety measures, and etiquette;
- To understand basic game strategies;
- To learn the principles of personal hygiene.

Curricular Units That will taught:

Soccer, Field Hockey, Styx, Flag Football, Basketball, Speedball, M-Ball, Team Handball, Pickle Ball, Badminton, Floor Hockey, Climbing, Volleyball, Presidential Fitness Testing(Fall and Spring), Dance, Track and Field, Softball, Blan Ball, Cup stacking, Circus Activities, and Low Organized Games

Criteria for Evaluation:

Grades will be based on Participation, Preparation, Sportsmanship, Cooperation, and a willingness to make an effort to try in each class and curricular unit. Each student will be awarded 10 points if all criteria is met.

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