

Syllabus title: Physical Education
Grades Pre K-8

Teacher information: Steve Sheridan
sheridans@sacredheartgroton.org

Course description: Physical education provides a balance of activities that will challenge each student and allow him or her to grow in the psychomotor, cognitive, and affective domains. In this course students will be provided with enjoyable and successful physical activity experiences that will equip each student with the knowledge on how to live a healthy and active lifestyle.

Course content:

Pre K-2 (all units incorporate movement concepts- relationships, effort and special awareness)

- Locomotor movements (walking, running, hopping, skipping...)
- Soccer Unit (kicking, dribbling, punting)
- Throwing (under and over hand) and catching Unit
- Fitness/Jump Rope for Heart
- Basketball Unit (dribbling, passing, shooting)
- Volleying Unit
- Gymnastics Unit (balancing, rolling, twisting...)
- Striking with rackets
- Striking with long handled implements
- Parachute and Games Unit

3rd-5th (emphasis is more on the skills of each unit)

- Cooperative Games
- Soccer Unit
- Fitness/ Jump Rope for Heart
- Basketball Unit
- Volleyball Unit
- Floor Hockey
- Team Building Unit
- Team Handball
- Frisbee
- Whiffle ball Unit
- Football Unit
- Games Unit

6th-8th (emphasis is more on the concepts and strategy)

- Cooperative Games
- Soccer Unit
- Fitness/ Hoops for Heart

Basketball Unit
Volleyball Unit
Floor Hockey
Team Building Unit
Team Handball
Frisbee
Whiffle ball Unit
Football Unit
Games Unit

Student expectations: Students must give me 5...

- 1.) **Control:** *Make sure your voice and body movement is appropriate for school and the assigned activity.*
- 2.) **Participation:** *Be on time, here, and dressed appropriately for the entire period. Give your maximum effort and be an active participant.*
- 3.) **Attitude:** *Demonstrate an "I can and I will!" mentality. Avoid arguments at all costs.*
- 4.) **Sportsmanship:** *Be a good person, follow school/class rules, the Golden Rule, and help your classmates.*
- 5.) **Skills:** *Challenge yourself to learn something new and improve yourself - "Today, I'm a little bit better than I was yesterday!"*

Behavior management plan and grading: Students will be graded on a daily basis using a 5 point scale. Each student will begin the class with 5 points. Each time he or she violates a rule from the 5 items above, points are deducted (1 point if "control" is broken and $\frac{1}{2}$ point for all other violations). If a student breaks the "control" rule, he or she will also be given a timeout until he or she is ready to participate appropriately. On the extremely rare occasion when a student's behavior is so out of control and highly disruptive and/or unsafe for the rest of the class, he or she will be sent to an administrator and will receive a "zero" for the day. Students who receive perfect marks in class will be given a sticker at the beginning of the next class and will be eligible for individual "P.E. Wall of Fame" honors if perfect marks are maintained throughout the marking period. Additionally, if a whole class achieves perfect marks in a given class, they will receive "P.E. Wall of Fame" honors the following class. Students who perform in an outstanding and exceptional manner will receive "P.E. Powerhouse" honors. This rare honor is given to those students who go "above and beyond" to improve themselves and our learning community as a whole.

Final notes on dress: Adherence to the school's uniform policy is expected. For P.E., it is especially important that your child wear appropriate footwear (any lace-up or Velcro athletic shoe with treads will do). Mary-Janes, dress shoes, slippers, etc. will not be permitted and your child's grade will reflect the violation. A note will be sent home if such violations persist. We will be outside as frequently as possible. So, please dress your child for the day's weather.