

PHYSICAL EDUCATION

FEBRUARY 2010

MIDDLE SCHOOL

Currently, we are in a unit about physical fitness. The unit is called “**FITNESS FOR LIFE**”. This will entail concepts and activities that relate to having an active lifestyle throughout the rest of their lives. Each middle grade student was given a sheet to daily record their physical activity. This will last for two weeks and they will take that information to develop their own fitness plan for themselves. This is a new unit and I hope to have a big success with it!

STANDARDS: I, II, III, IV, V

GRADES 3-5

Currently we are on sport related themes. I am introducing new sports and familiar sports to each grade levels. My hope here is to gain interest in other types of sports. The next unit will be discussing heart rate, nutrition and ways of promoting a healthy lifestyle.

STANDARDS: I, II, III, IV, V

GRADES K-2

Currently we are working on team activities that incorporate what it takes to work well as a team. They have been working on pairing off into two teams and demonstrating the key aspects of working together to accomplish a goal. The next unit is going to be a refresher course on catching, throwing, and kicking.

STANDARDS: I, II, III, IV, V

