



PHYSICAL EDUCATION DEPARTMENT

Table of Contents

Physical Education Overview.....
 PE Goals
 Vision Statement
 Mission Statement

Health & P.E. Dept. Information.....

Guidelines & Standards.....

Elementary Physical Education Unit plans.....

Physical Education Unit, Content & Subject Material

1. Ultimate Frisbee/Handball
2. Camp Games
3. Theory & Practice of Flag tag/Flag football
4. Theory & Practice of Lacrosse
5. Theory & Practice of Archery
6. Theory & Practice of Street/ Floor Hockey
7. Theory & Practice of Soccer
8. Theory & Practice of Softball/Baseball
9. Theory & Practice of Basketball 5th & 7th grade Physical Fitness Test.
10. Theory & Practice of Volleyball/ Dodgeball
11. Theory & Practice of Rugby
12. Theory & Practice of Tennis
13. Theory & Practice of Badminton

References.....

PHYSICAL EDUCATION DEPARTMENT

Physical Education Goals

The US Department of Health and Human Services (HHS) recommends that children and adolescents engage in 60 minutes of physical activity per day. HHS indicates that meeting this recommendation can improve cardiorespiratory fitness, muscular strength, blood pressure, and can decrease depressive symptoms in children in a short amount of time. Other studies have also concluded that physical activity in children and adolescents may be positively correlated with academic achievement.

Health & Physical Education Vision Statement

Richmond College Prep. School is committed to providing a quality, health and Physical Education program that builds knowledge, fitness, movement skills, social well being and confidence, so that students can enjoy and maintain a healthy active lifestyle.

Health & Physical Education Mission Statement

Health & Physical Education is part of the educational process which contributes to the physical, mental, social and emotional growth and well-being of each student. A regular program of physical education is provided in each grade.

Our goal is to provide movement activities that will strive to:

- Develop motor skills necessary to perform a variety of physical activities
- Develop a level of physical fitness that will enable active physical participation and enhance motor skill learning
- Develop knowledge, understanding and benefit from involvement in physical activity and its contribution to a healthy lifestyle
- Promote interest and proficiency in activities that will enable students to participate successfully, now and in the future

Student Performance Assessment

Listed below are a variety of methods, which can be utilized to assess student performance. However, the Physical Education Department is not limited to the assessments listed below:

- Students demonstrate good sportsmanship and teamwork
- Students demonstrate sound safety practices while engaged in physical activity
- Students demonstrate knowledge of rules and regulations which enhance the success of the activity
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- Students demonstrate positive attitudes and behaviors for creating an avenue of self expression
- Students display active class participation
- Students performance on physical skills test

PHYSICAL EDUCATION DEPARTMENT

P.E. Class Safety Considerations

- Any equipment not being used must be placed completely out of the way to avoid being tripped over or harming students.
- Appropriate footwear (Sneakers) must be worn at all times
- Students need to be aware of their own surroundings to avoid collision

Highlights of the Standards

- The five overarching model content standards for elementary and middle school students are as follows:
- Standard 1: Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2: Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
- Standard 3: Students assess and maintain a level of physical fitness to improve health and performance.
- Standard 4: Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Standard 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Richmond College Prep. Physical Education Unit Content & Subject Material (3-4 weeks each Unit)

*Sports/physical skills are taught first, followed by games with safety & rules.

Ultimate Frisbee/Handball

Camp Games/Handball Elementary School

Theory & Practice of Flag tag/Flag football

Theory & Practice of Lacrosse

Theory & Practice of Archery

Theory & Practice of Kickball Elementary School.

Theory & Practice of Street/ Floor Hockey

Theory & Practice of Soccer

Students' Choice

Theory & Practice of Basketball 5th & 7th grade Physical Fitness Test.

Theory & Practice of Volleyball/ Dodgeball

Theory & Practice of Softball/Baseball

Theory & Practice of Tennis

All Activities and the Curriculum are subject to change due to Weather and Equipment availability

PHYSICAL EDUCATION DEPARTMENT

Sample PE Unit...

August PE Curriculum

Description

The PE focus for this month is to get students to learn how to play cooperative games with classmates, and to get acquainted with school yard games while learning teamwork, sportsmanship, yard rules and safety.

Course schedule

Week		Skill	Main Game
1	Basic PE warmup, listening and tag games	Listening Game: Land Sea Air	Sharks and Minnows,
2	Basic PE warmup, listening and tag games	Evolution- Rock Paper Scissors	Giants, Wizards and Elves
3	Basic PE warmup, listening and tag games	Teamwork- Hula Hoop Pass	Crossing the river
4	Basic PE warmup, listening and tag games	Relay races	Banana Tag, Ball tag, Pacman

Grading Criteria:

1. Participation: Student must participate in the current sport/activity.
2. Attitude/Sportsmanship: Having a good attitude is vital for any student. Showing any form of negative attitude will result in a lower grade or failure. Such attitude can include, taunting, screaming, disrespect towards another student or teacher, etc. Remember, everyone learns at a different rate.
3. Attendance: No show = 0 points
4. End of unit quiz: At the end of each unit (sport), students will take a test to assess what he or she has learned.

PHYSICAL EDUCATION DEPARTMENT

Athletic Clothes and Footwear:

It is of the utmost importance that students bring proper shoes during his or her PE class time. This can become a safety issue if improper shoes are worn. Open toe shoes, sandals, slippers, high top boots such as "Uggs" are not permissible. Running shoes are highly recommended. Furthermore, this class is based on physical activity. It is highly recommended that students don't wear any shoes they are trying to keep clean.

Extra Credit:

If a student has a current grade of "C" or lower, the student will have the chance to increase his or her grade. A written assignment given by the coaches must be completed and turned in.

Archery:

Sometime within the academic year, 6-8th grade students will have the opportunity to learn the sport of archery. In order for a student to participate, he or she will learn inside the classroom for 1 week. During this time, they will learn about safety procedures, parts of the bow and arrow and its history. Furthermore, we require that a parent or guardian give a signed permission to participate. By returning this paper, signed by a parent or guardian, the parents have given his or her child permission to participate.

****A COPY OF THE SYLLABUS WILL BE GIVEN TO THE STUDENTS AT THE FIRST DAY OF PE CLASS...GRADES 6-8****

Fitness Testing

At the beginning and end of each school year all students are challenged with the Presidents Physical Fitness Test. Students are encouraged to do their best with the primary emphasis placed on improving over past scores. Each student's results are recorded on an individualized score sheet which continues to be used in their School Physical Education classes.

The following is a list of tests currently being used to assess each student's level of Fitness:

- Shoulder Stretch- (Flexibility)
- Push- Up (Muscular Endurance Upper Body)
- Curl-ups – (Muscular Endurance & Core Strength)
- Mile Run – (Cardiovascular Endurance)
- Body Mass Index – (Body Composition)
- Trunk Lift- (Trunk Extensor Strength and Flexibility)

These exercises are mandated by the CDE (California Department of Education).

PHYSICAL EDUCATION DEPARTMENT

Components of Physical Fitness

Muscular Endurance- able to perform physical activities over an extended period of time.

Ex. Weight lifting Muscular Strength- able to exert force against resistance.

Cardiovascular Endurance- the ability of the Heart & Lungs and Blood Vessels to Carry Oxygen + Nutrients to various parts of the body.

(Exercise with Air) Aerobics, Running, Swimming Flexibility-able to move muscles & joints through a Full range of Motion.

Motor Skills-Balance & Coordination.

Nutrition- consuming a balance of food and nutrients based upon the USFDA and recommended food guide pyramid. The human body's reaction towards consumption. Body Fat Composition- comparison of fat to muscle make up in the human body.

RCP Schools After School Sports Program

Richmond College Prep Schools After School Sports Program offers an amazing opportunity for your student the opportunity to play on the school team. All sports teams are seasonal and follow the High school format. Most importantly, students must keep their grades in good standing in order to play/practice with their team. A weekly progress report is used to help students maintain their grade point average.

SPORTS OFFERED AT RCP SCHOOLS.

Boys Soccer

Girls soccer

Boys Basketball

Girls Basketball

Boys Lacrosse

Girls Lacrosse

Boys Archery

Girls Archery

Girls on the run/5k Running Club

Availability of sports teams are subject to change based on number of participants and other factors

PHYSICAL EDUCATION DEPARTMENT

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