

Grades K-5 Physical Education

Overview for Parents

Teacher: Matt McGuigan

Expectations for All Students

- Come prepared to class with sneakers, appropriate attire and Plan Book
- Be a good listener and follow instructions
- Have a positive attitude and show good sportsmanship
- Cooperate with everyone
- Try your best in ALL activities
- Treat others as you would like to be treated
- Make good choices and be responsible for your own actions
- Respect, share, and help clean-up the equipment
- Have fun!

Kindergarten, First, and Second Grades

In physical education, students will be introduced to a variety of movements. The program focuses on locomotor movements (i.e., walking, running, skipping), moving through space (spatial awareness), directional awareness, visual/ auditory perception, balance, eye-hand and eye-foot coordination, cooperation, moving safely, and learning the importance of being physically active. This will be accomplished through a variety of games and activities. All physical education classes emphasize the importance of physical activity and fitness for a healthy lifestyle. Physical education grades are comprised of: a student's physical skills, social skills, behavior in class, effort, preparation, and knowledge. There is a special emphasis on sportsmanship, teamwork, and cooperation.

Third-Fourth Grades

In physical education, students will continue to use many different locomotor movements. They will experience a variety of group focused, team-oriented, and individual activities to allow for the diversity of student interests and abilities. Skill work and "lead-up" games are used to introduce such activities as basketball, volleyball and dance. Students learn about heart rates and the importance of physical activity for a healthy lifestyle. Movement and cooperation games are used to emphasize teamwork, communication, and good sportsmanship. For third grade students it will be the first year that they will take part in fitness testing. Fitness testing includes all the components of fitness. To complete these components students will be asked to perform the mile run and/or PACER, push-ups, curl-ups, trunk lift, sit and reach, and shoulder stretches.

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Fifth Grade

All physical education classes emphasize the importance of physical activity and fitness for a healthy lifestyle. In fifth and sixth grade physical education class, students take part in more advanced games and activities, while skill work is emphasized and reinforced. Teamwork, sportsmanship, strategy, and cooperation are the focuses for such units as basketball, volleyball, team challenges and dance. In addition, the program provides a nice balance of individual, partner, and team activities that supports a variety of student interests and abilities. Students have the opportunity to participate in an array of activities which may be pursued further in high school, college, and beyond. Fitness testing, which includes all of the components of fitness, continues through all the upper grades. To complete these components students will be asked to perform the mile run and/or PACER, push-ups, curl-ups, trunk lift, sit and reach, and shoulder stretches.

The physical education grade is composed of a student's physical skills, social skills, behavior in class, effort, preparation, and knowledge of the activity. There is a special emphasis on sportsmanship, teamwork, and cooperation in all classes.

Contacting the Teacher

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