Physical Education, Grades 3 & 4
Overview for Parents

Content Goals

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.

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.

Expectations for Students

- Come prepared to class with sneakers and appropriate attire
- 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!

Homework Requirements

Students in these grades will not usually receive physical education homework. This is to allow them to focus on their studies and have more time to take part in other athletic opportunities after school.

Contacting the Teacher

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