Physical Education, Grades K - 2
Overview for Parents

Teacher: Matt McGuigan

Content Goals

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.

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

I may be contacted at school (603) 795-3111, x122
or by e-mail: matt.mcguigan@crossroadsacademy.org