

Saint Jude Catholic School
Physical Education
Syllabus

The physical education and athletic program at Saint Jude strives to teach students how they can be healthy and fit into their adult lives. We teach this through a variety of games and sports activities offered to the students from kindergarten to eighth grade.

The focus of the K8 physical education curriculum includes fitness, skill development, sportsmanship, anatomy and human wellness. The framework for the program reflects the Florida Sunshine State Standards. Students in 3-8th grades will participate in the Presidential Fitness Program. This program will teach students to obtain a higher level of physical fitness, by setting personal goals and achieving them. Lessons are structured for quality learning experiences that create an environment fostering individual success, positive self-image, and growth through self-discovery. Positive physical education experiences not only leads to social and emotional growth, but also aides in academic achievement.

Grades K and 1st
Physical Education

The goal of K and 1st physical education is to contribute to the total growth and development of students through selected movement experiences and physical activity. All motor skills learned and practiced provide the building blocks for body awareness, coordination, and sports skills. Students are encouraged to move in their environment while they enjoy exploring space and practice controlling their bodies.

Students will:

- Participate in activities to enhance motor skills and hand-eye coordination (manipulative skills). These skills are developed with the use of balls, ropes, beanbags, hoops and parachute with locomotion skills.
- Participate in activities that teach sportsmanship, cooperation and teamwork.
- Develop spatial awareness and muscle control through creative movement.
- Understand the health benefits of physical activity.
- Participate in activities that are fun and engaging.

Students meet once a week for 45 minutes.

GRADES 2nd and 3rd PHYSICAL EDUCATION

The overall content of the curriculum in grades 2 and 3 emphasizes movement skills and a gradual introduction of strategies and tactics. Skill development is achieved through repetitive movement and then applied in activities or games. Emphasis is also placed on fostering a positive attitude toward movement and appreciating the health benefits of exercise that can contribute to a high quality of life. With the teacher's professional instruction enthusiasm as a catalyst, students will hopefully be inspired to make a choice to incorporate physical activity into their daily lives.

Evaluation

- 2nd grade students and 3rd grade students meet twice a week for 45 minutes

- Grading is based on the following:

* 100% participation/sportsmanship/P.E. uniform

Sportsmanship and participation grade is based on the following scale:

1 = Outstanding

2 = Satisfactory

3 = Needs Improvement

4 = Unsatisfactory

It is required for every student to wear her/his P.E. uniform and athletic shoes. Athletes perform better and are comfortable when wearing appropriate clothing. Participants who do not wear a P.E. uniform will receive a zero. After receiving two zero's a drop in letter grade will occur.

1st Quarter: Volleyball/ Cooperative Games/ Presidential Testing (practice)

- skills: bumping, setting, serving, scoring

- game situation

2nd Quarter: Basketball/ Cooperative Games/ Presidential Testing (practice)

skills: dribble, pass, shoot, play game

3rd Quarter: Presidential Fitness Testing(only 3rd-8th grade)/ Cooperative Games

- pull-ups/push-ups

- curlups(sit-ups)

- shuttle run

- sit and reach

- distance run

4th Quarter: Soccer/Cooperative Games

- skills: dribbling, passing, shooting

- game situation

GRADES 4-8 PHYSICAL EDUCATION

The overall content of the curriculum emphasizes movement skills and a gradual introduction of strategies and tactics. Skill development is achieved through repetitive movement and then applied in activities or games. Emphasis is also placed on fostering a positive attitude toward movement and appreciating the health benefits of exercise that can contribute to a high quality of life. With the teacher's professional instruction students will hopefully be inspired to make a choice to incorporate physical activity into their daily lives.

Evaluation

- Students meet twice a week for 45 minutes

- Grading is based on the following:

* 100% participation/sportsmanship/ P.E. uniform

Sportsmanship and participation grade is based on a 1-4 grading system.

1 = Highest

4 = Lowest

It is required for every student to wear her/his P.E. uniform and athletic shoes. Athletes perform better and are comfortable when wearing appropriate clothing. Participants who do not wear a P.E. uniform will receive a zero. After receiving two zero's a drop in letter grade will occur.

1st Quarter: Volleyball/ Cooperative Games/ Presidential Testing (practice)

- skills: bumping, setting, serving, scoring

- game situation

2nd Quarter: Basketball/ Cooperative Games/ Presidential Testing (practice)

-skills: dribbling, passing, shooting

-game situation

3rd Quarter: Presidential Fitness Testing/Cooperative Games

- pull-ups/push-ups

- curlups(situps)

- shuttle run

- sit and reach

- distance run

4th Quarter: Soccer/Cooperative Games

- skills: dribbling, passing, shooting

- game situation