

SMMS Physical Education Curriculum

Pre-K

Location: Pre-K classes are scheduled in their classrooms. Activities are planned either to be done in their classrooms, or outside on the playground. The black top or Stella Maris field may be used as well, but are further from the building if the bathroom or the nurse is needed.

Dress: Students in the pre-K are dressed in their “gym” clothes for the day, and do not need time to change.

Grading: Students in the pre-K are not given an academic grade by the Phys. Ed. teacher. However, authentic assessment is done daily, and any deficient areas should be communicated to the classroom teacher.

Goals and Objectives: Physical Education for the pre-K students include activities that initiate the development of gross motor skills, provide for social interaction, and foster the enjoyment of physical activity. By the end of the school year, pre-K students should be able to walk, jog, skip, run, hop, jump, and leap with proper form, and be able to demonstrate good balance and spatial awareness. Pre-K students should also be able to follow instruction, play well with one another and stay on task for an entire class period.

Kindergarten

Location: Kindergarten classes are scheduled in their classrooms. Activities are planned either to be done in their classrooms, or outside on the playground. The black top or Stella Maris field may be used as well, but are further from the building if the bathroom or the nurse is needed.

Dress: Students in kindergarten are dressed in their “gym” clothes for the day, and do not need time to change.

Grading: Students in kindergarten are not given an academic grade by the Phys. Ed. teacher. However, authentic assessment is done daily, and any deficient areas should be communicated to the classroom teacher.

Goals and Objectives: Physical Education for Kindergarten students include activities that further the development of both gross and fine motor skills, provide for social interaction, and foster the enjoyment of physical activity. By the end of the school year, Kindergarten students should be able to move in all planes of motion with proper form, be able to demonstrate unilateral balance and hand-eye coordination, and have the ability to control their movement around others. Kindergarten students should also be able to

follow instruction, play well with one another and on their own, stay on task for an entire class period as well as create games through “free play” time.

1st & 2nd Grades

Location: 1st and 2nd grade classes are scheduled in the Sacred Heart Commons. Activities are planned to be held outside as much as possible. The black top or Stella Maris field will be used for most activities.

Dress: Students in 1st and 2nd grades will change into their physical education uniforms at the start of class, and need to change back into their school uniforms at the end of class. This will be done during the class time.

Grading: Students in 1st and 2nd grades are given both an academic grade and effort grade for all marking periods. The academic grade is reflective of their level of improvement during a marking period, and not solely on their natural ability. The effort grade is reflective of their preparedness, willing to participate, and classroom behavior. Furthermore, any deficient areas should be communicated to the classroom teacher.

Goals and Objectives: Physical Education for 1st and 2nd grade students include activities that further the development of both gross and fine motor skills, introduce team sports and fitness concepts, and foster the enjoyment of physical activity. By the end of the school year, 1st and 2nd grade students should be able to demonstrate basic sports skills and athletic abilities. 1st and 2nd grade students should also be able to work well with partners, respect and follow the rules of a game, and be capable of “changing for class” in an allotted time frame.

3rd Grade

Location: 3rd grade classes are scheduled in the Sacred Heart Commons. Activities are planned to be held outside as much as possible. The black top or Stella Maris field will be used for most activities.

Dress: Students in 3rd grade will change into their physical education uniforms at the start of class, and need to change back into their school uniforms at the end of class. This will be done during the class time.

Grading: Students in 3rd grade are given both an academic grade and effort grade for all marking periods. The academic grade is reflective of their level of improvement during a marking period, and not solely on their natural ability. The effort grade is reflective of their preparedness, willing to

participate, and classroom behavior. Furthermore, any deficient areas should be communicated to the classroom teacher.

Goals and Objectives: Physical Education for 3rd grade students include activities that further the development of motor skills needed for team sports and fitness concepts, as well as to foster the enjoyment of physical activity. By the end of the school year, 3rd grade students should be able to demonstrate basic sports skills and athletic abilities. 3rd grade students should also be able to work well with classmates and as part of a team, respect and follow the rules of a game, and be capable of “changing for class” in an allotted time frame.

4th and 5th Grades

Location: 4th and 5th grade classes are scheduled in the Sacred Heart Commons. Activities are planned to be held outside as much as possible. The black top or Stella Maris field will be used for most activities.

Dress: Students in 4th and 5th grade will change into their physical education uniforms at the start of class, and need to change back into their school uniforms at the end of class. This will be done during the class time.

Grading: Students in 4th and 5th grade are given an academic grade for each marking period. This grade is reflective of their preparedness in regards to their uniform as well as their behavior. 5 points will be deducted from their Trimester average each time a student is “unprepared”. A student will be considered unprepared if they do not have a proper and full Phys. Ed. uniform for class; this includes all white or black sneakers, SMMS Phys. Ed. shorts/sweatpants and SMMS t-shirt/sweatshirt. The uniform must also be sufficient for the day’s weather conditions. Furthermore, if a student shows little to no effort, and/or does not demonstrate good COR values, they will be marked as unprepared as well. A passing grade for the Trimester is 65 or higher.

Goals and Objectives: Physical Education for 4th and 5th grade students include activities that further the development of motor skills needed for team sports and fitness concepts, promote the cognitive ability to develop game strategy, as well as to foster the enjoyment of physical activity. By the end of the school year, 4th and 5th grade students should be able to demonstrate basic sports skills and athletic abilities. 4th and 5th grade students should also be able to demonstrate self-motivation, good

sportsmanship and be capable of “changing for class” in an allotted time frame.

Junior High

Location: Junior High classes are scheduled in the Sacred Heart Commons. Activities are planned to be held outside as much as possible. The black top or Stella Maris field will be used for most activities.

Dress: Students in Junior High classes will change into their physical education uniforms at the start of class, and need to change back into their school uniforms at the end of class. This will be done during the class time.

Grading: Students in Junior High are given an academic grade for each marking period. This grade is reflective of their preparedness in regards to their uniform as well as their behavior. 10 points will be deducted from their Trimester average each time a student is “unprepared”. A student will be considered unprepared if they do not have a proper and full Phys. Ed. uniform for class; this includes all white or black sneakers, SMMS Phys. Ed. shorts/sweatpants and SMMS t-shirt/sweatshirt. The uniform must also be sufficient for the day’s weather conditions. Furthermore, if a student shows little to no effort, and/or does not demonstrate good COR values, they will be marked as unprepared as well. A passing grade for the Trimester is 65 or higher.

Goals and Objectives: Physical Education for Junior High students include activities that further the development of motor skills needed for team sports and fitness concepts, promote the cognitive ability to develop game strategy, as well as to foster the enjoyment of physical activity. The Sport Education model is used to further develop all of the aspects of team play. Students in the Junior High should be able to demonstrate basic sports skills and athletic abilities. Junior High students should also be able to demonstrate self-motivation, good sportsmanship and be capable of “changing for class” in an allotted time frame.