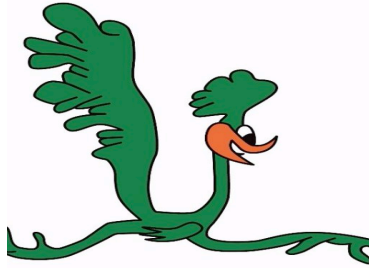


## PHYSICAL EDUCATION PROGRAM



## EAST GOSHEN ELEMENTARY SCHOOL

### Physical Education Teachers

**Mrs. Michelle Martin- Physical Education Teacher K-5**

**Mr. Jim Ascareggi- Adaptive Physical Education Specialist**

### Program Overview

The physical education program is designed to motivate and encourage active participation in developing life skills for optimal mental, social and physical health. Activities are designed to promote optimal involvement at a developmentally appropriate level. The curricular objectives and outcomes align with the Pennsylvania State Standards for each level. To view PA state standards:

<http://www.stateboard.education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf>

### Meetings per Week

All grade levels meet for one -50 minute class per 4 day cycle.

### Injury / Participation

If your child is not able to participate in Physical Education class for any reason, please send in a note. A doctor's excuse note will be necessary if your child will not be able to participate for more than 2 consecutive classes. Please send the doctor's note to the school nurse.



## Attire

Children should wear secure sneakers and clothing that will allow for freedom of movement. Classes for grades 3-5 are often held outside until Thanksgiving and beginning again in late March. The K-2 classes go outside late March – June. Please watch for varying temperatures and remind your child to dress accordingly.



## Curriculum

### PRIMARY GRADES K-2

Children work on developing basic motor skills through a variety of small and large group activities.

- **Basic Motor Skills:** walking, running, hopping, skipping, jumping, leaping, sliding, galloping
- **Manipulative Skills:** striking, rolling, kicking, catching, throwing, and dribbling, use of various equipment
- **Movement Concepts/Safe Practices:** spatial awareness, personal space, general space, directionality, body control and coordination, safe movement within boundaries
- **Personal and Social Responsibility:** Safe movement, proper use of equipment, effort, cooperation, fair play, follows directions, follows established rules and routines
- **Rhythmic Movement Skills:** small and large group dances, gymnastics, rhythmic jumping
- **Low organized games involving cooperation, tagging, fleeing, chasing, dodging**
- **Personal Fitness:** activities that promote cardiovascular fitness, muscular strength, endurance, flexibility, balance & coordination, healthy choices
- **Circuits:** used to reinforce, practice and assess skills learned in class, small group games/activities, traverse rock wall, floor scooters, manipulatives, fitness...
- **Special Events:** 1<sup>st</sup> and 2<sup>nd</sup> grade field day held in June

## **INTERMEDIATE GRADES 3-5**

Children utilize the skills developed at the primary level and expand upon them while participating in a variety of activities.

- Lead up games involving dribbling, throwing, catching, striking, volleying, rolling, kicking
- Individual and Team Sports: learn sport specific skills/basic tactics for various sports which may include, pickle ball, team handball, football, volleyball, bowling, basketball, track and field, gymnastics, hockey, golf/mini golf..
- Personal Fitness: Participate in activities that promote cardiovascular fitness, muscular strength, endurance and flexibility, balance and coordination, skill related fitness, healthy choices
- Personal and Social Responsibility: Safe movement, proper use of equipment, effort, cooperation/teamwork, sportsmanship, fair play, follows directions, follows established rules and routines
- Teambuilding: small and large group activities that focus on problem solving, cooperation, communication skills, healthy competition, responsible personal and social skills
- Rock Wall: children traverse rock wall as part of a circuit – activity task cards allow children to challenge themselves at their comfort level
- Ropes Course: Each grade level is offered individual and team challenges on the high element ropes course – elements on the ropes course follow a developmentally appropriate progression including safety concepts for each grade level
- Circuits: used to reinforce, practice and assess skills learned in class, small group games, rock climbing, floor scooters, manipulatives, fitness
- Special Events: 4<sup>th</sup> and 5<sup>th</sup> grade track and field meet held in May, 3rd-5<sup>th</sup> grade-ropes course held in the spring. Permission and volunteer forms will be sent home for these events.

### **Assessment**

Skills are assessed on a regular basis in class. Progress is communicated on the report card during each trimester.

### **Communication**

- If at anytime you wish to contact me, please email [mmartin@wcasd.net](mailto:mmartin@wcasd.net)
- You can follow East Goshen PE on twitter @egepemrs.martin

## About Mrs. Martin

- **Has been teaching elementary physical education in the WCASD since 1995.**
- **Undergraduate Degree: West Chester University**  
**\*Physical Education, Health Education and minor Elementary Education**
- **Master's Degree: Penn State University**  
**\*Educational Leadership/Curriculum and Instruction**
- **Married to Mr. Martin who also teaches at the university level in the Teacher Education Program for Physical Education**
- **Has two children: Kiersten and Bradon**
- **Loves to spend time with her family**
- **Loves the outdoors: swimming, boating, beach**
- **Favorite color: blue**
- **Favorite foods: Italian and Seafood**
- **Favorite holiday: Thanksgiving**
- **Loves teaching physical education at East Goshen Elementary ☺**

**PHYSICAL  
EDUCATION**  
**IT'S MORE THAN JUST PLAYING GAMES**