

The Physical Education
Department
(2007-2008)

P.E.

Navy Elementary



The P.E. Program at Navy Elementary is designed to introduce students to a variety of fitness and sport activities in order to encourage a healthy, active lifestyle.

Students receive instruction based on the New VA Standards of Learning as listed below from Mrs. Warmbrunn, Mr. Sidney, and Mrs. Gaboury.

Calendar

September

Orientation,
Expectations, Rules, and
behavior requirements.
Cooperation
Games/Teamwork

October

Exercise unit (individual
fitness)
Fitness Testing (all
grades)
Football Skills

November

Football Skills
(Throwing/Catching)
Soccer Skills
(Dribbling/Passing)

December

Volleyball Skills/
Newcombe

January

Educational gymnastics
Preparation for routines

February

Educational gymnastics
Tumbling, rolling,
balancing, transfer of
weight etc.

Dance unit

March

Basketball related
activities: passing,
dribbling, shooting.

April

Basketball cont.
Fitness Testing
Floor Hockey

May

Frisbee skills (how to
throw and catch)
Softball skills: throw,
catch, hitting skills, and
rules are focused on).

Field Day(s)

June

Track and Field unit

**Please be aware that
P.E. activities may be
preempted for
classroom programs
and fitness testing.**

**The emphasis in
primary grades is on
motor skills and
equipment
manipulation.**

**The emphasis in the
upper grades is on
physical fitness and
sports skill
development using
adapted rules to suit
the skill level of
students.**

Grading

There are two grades
given in P.E.

Effort and Achievement

This includes: Listening
and following directions
and established rules.

Effort in activities and
exercises includes:
Cooperation with

teachers and other
students

Achievement includes
the demonstration of:
Skill development
Knowledge of rules
Improvement
Being prepared for class
Written test and
physical skills test

Proper Dress

Students should wear
clothing that is
nonrestrictive but not
overly loose. Dresses
and skirts are not
appropriate for most
activities and should be
avoided if possible.

Sandals, open back
shoes, and shoes that are
slippery are unsafe and
should not be worn.

**Please wear lace or
velcro tennis shoes only
for P.E. class. Please
NO "Crocs" for P.E.**

Children will be asked
not to participate if their
attire increases their
chances of being
injured. Continued
wearing of unsafe attire
can reflect negatively on
a student's grade due to
lack of participation.

Medicals

If your child is ill on a
particular day and needs
to be excused from an
activity, please write a
note and send it school
with your child to be
given to their Physical
Education Teacher.

If your child has a
medical condition that
prohibits physical
activity that exceeds
three days or is under a
Dr.'s. Care, have your
child pick up from the

P.E. Department a medical release form to be filled out by your physician.

If you have any concerns, please feel free to contact the P.E. Department.

NEW VIRGINIA STANDARDS OF LEARNING

Physical Education

The following are the five standards that we will be incorporating within our program.

1. Movement skill- Demonstrates competency in many movement forms and acquire proficiency in one self-selected lifetime sport or activity.
2. Movement knowledge-Analyze movement concepts and principles to enhance motor skill acquisition and performance.
3. Lifetime Fitness Planning—Plan and describe a personal fitness and wellness program.
4. Fitness Competency-Achieve and maintain a health-enhancing level of physical fitness.
5. Responsible Behaviors- Demonstrate responsible personal and social behaviors on physical activity settings