

Welcome Northwood Physical Education



A note from the gym

It is always exciting to start a new year. Having already spent a few days with your students I can tell it is going to be a great year!

In PE students can work at their own pace in a safe supportive learning environment. Activities are designed to provide all students with equal amounts of practice and to get kids moving as much as possible. Students are never segregated by gender nor is physical activity

To create a learning environment where everyone can succeed I expect students to always keep their bodies in control, try their best, and help others. On PE days, sending your student(s) in active wear and tennis shoes will help them safely enjoy full activity.

-Ms.Smedberg

Learning Standards

- Locomotor skills (ie gallop, hop, jump)
- Object-control skills (ie catching fly balls, foot dribbling)
- Knowledge of movement concepts, principals, and strategies
- Knowledge of components of fitness (ie Aerobic fitness)
- Achieves and maintains health-enhancing levels of physical fitness
- Participates regularly in physical activity
- Exhibits responsible personal and social behavior that respects self and others
- Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction



Academic Learning Requirements

Personal Standards

- **Be Safe**
- **Be Respectful**
- **Be Responsible**



First Trimester

All students will start off the year playing “Getting to Know You” games and will go over expectations and routines for both the gym and playground.

Although students will participate in a wide variety of skills and activities throughout the year, a select set of skills will be assessed each trimester.

First trimester students in grades 1-5 will be assessed on foot dribbling. Additionally, first graders will be assessed on the use of space as they safely share space with others. Second grade will assess students abilities to shadow and mirror specific movements. Finally, grades 3-5 will also be assessed on a combination of jump rope components and skills. While Kindergarteners will participate in many of these activities, first trimester skills assessments are not formally reported.



General Grading Students are given two grades in PE:

-Skills

Students will be graded based on their ability to demonstrate the skill during the performance assessment. Skills are explicitly taught with the movement patterns broken down so that all students understand how to move their bodies to execute the movement successfully.

- Skill Grades (1-4)
- 4 Exceeds Standard
 - 3 Meets Standard**
 - 2 Progressing toward Standard
 - 1 Below Standard

-Sportsmanship

Students will be graded on their ability to play by the rules, follow directions, maintain safety, contribute to other’s success and participate positively.

- Sportsmanship Grades (C,G,N & R)
- C Consistently
 - G Generally**
 - N Needs Prompting
 - R Rarely Observed