



## FOURTH, FIFTH, AND SIXTH GRADES PHYSICAL EDUCATION

2022-2023

### Goals:

- To help refine students' gross motor skills, manipulative skills, balance and body control
- To encourage self-guided experiences for growth and learning
- To maximize student participation for development of positive social interactive behaviors
- To facilitate positive lifelong health and fitness behaviors

**Health-enhancing physical activity** is emphasized through experiences that assist students in achieving and maintaining healthy fitness levels. This involves application of principals of exercise physiology - light to moderate resistance exercises, continuous aerobic activity, correct stretching movements and identifying the types of activities that are most appropriate for maintaining health-enhancing levels of fitness. Along with the in-class work the students are encouraged to be active outside of school. Research shows that children need to be moderately active for at least 60 minutes a day.

**Interactive behavior** focuses on working cooperatively with peers and teachers to participate in and learn more about a variety of physical activities. Students demonstrate developmentally appropriate application of rules, procedures, and etiquette during class. Opportunities to learn and apply conflict resolution skills, group cooperative skills and peacemaking skills are essential ingredients of sports, games and life. Students take responsibility for their learning and actions.

**Motor skills** of a wide range of sports, recreational, dance and fitness activities are developed that help students stay active for a lifetime. Students continue to develop competence and confidence in their ability to perform a mature pattern of basic motor skills. Skills are combined to participate in a variety of developmentally appropriate games, sports, dance and activities.

Students participate in the state of Alabama Physical Fitness Assessment in **October** and **March**.

Students receive letter grades in Physical Education. Students are evaluated on what they know and are able to do. Grades are weighted as follows: 1/3 Interactive behaviors, 1/3 Skill and health-enhancing activities and 1/3 Written tests and written activities. MBE PE website will have study guides and skill rubrics for each unit of instruction. Physical Education learning goals are based on state and local standards and will incorporate HEAL Alabama curriculum for class structure and activities. Students will learn to write fitness goals, how to use and apply information from a Heart Rate Monitor.

Our goal is to meet the needs of all students. If your child is sick or injured and temporarily should not participate in PE, please send a note stating his/her limitations. A doctor's note is necessary to excuse a student for more than **two consecutive days**. The student will participate in alternative PE learning activities. If you are aware of any limitations your child may have that could affect his/her participation in Physical Education activities, please let us know as soon as possible. ***In addition, if a student has an excuse for PE then it also applies to recess. Students should not miss PE and then participate in recess activities.***

### FOURTH, FIFTH AND SIXTH GRADES

Fitness Preparation	Softball
Fitness Testing	Badminton
FITT - Fitness Components	Pickle Ball
Heart Rate Monitors	Lacrosse
Activity Stations	HEAL
Cooperative Games	Lancer Zone Fitness
Dance/Heart Health	Health/Sport Fitness Components
Jump Rope/Heart Health	Basketball
Ultimate Frisbee	Tail Gate Games
Track and Field	Team Handball
Speed Ball	Bowling

All students must wear **athletic shoes and dress appropriately for activity** in order to participate in Physical Education class.

Lindsey Haynes

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