

North Hampton School/ 964-5501



## K-2 Physical Education

In grades K-2 we follow the Skill Theme Approach model for instruction. Skill Themes are fundamental/beginning movements which are later turned into more specialized movements upon which activities/sports are built.

With this approach, students develop a broad foundation of movement forms at the elementary level so that they are enabled to participate successfully and with enjoyment as they learn activities and games.

The primary emphasis is on:

- fundamental motor skills
- providing learning experiences that are appropriate for the developmental level of the individual child
- a scope and sequence that is designed to reflect the needs and interests of students over a period of years



### Skill Themes

In grades K-2 you first focus on developing movement concepts:

- space awareness,
- effort
- relationships

Then focus on developing skill themes:

#### -manipulative skills:

throwing and catching, kicking and punting, volleying, dribbling with the hands, dribbling with feet, short handled implements (i.e.: rackets) and long handled implements (i.e.

bats, hockey sticks)

**-locomotor skills:** walk, jog, run, hop, skip, jump, gallop, etc.

**-non-manipulative skills:** chasing, fleeing and dodging; fitness, balance, jumping and landing, rhythm and dance

Please have your child bring or wear sneakers to school on the days they have PE. Thank you!



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## 10 Outcomes that we value in PE/Wellness

The following are the 10 outcomes that we value in Physical Education/Wellness at North Hampton School:

1. Show commitment.
2. Understand what you are doing.
3. Be active and healthy.
4. Show confidence.
5. Develop your skills.
6. Take part in different activities.
7. Think for yourself.
8. Always want to improve.
9. Build up your strength, flexibility and stamina.
10. Enjoy what you do.

## National Physical Education Standards

At North Hampton School the Physical Education/Wellness our goals, values and curriculum are based on the NASPE Standards. Which are as follows:

A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movements patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

# PE/Wellness



Fall 2012

## 3-5 PHYSICAL EDUCATION

In grades 3-5 we follow the Skill Theme Approach model for instruction. Skill Themes are fundamental/beginning movements which are later turned into more specialized movements upon which activities/sports are built.

With this approach, students develop a broad foundation of movement forms at the elementary level so that they are enabled to participate successfully and with enjoyment as they learn activities and games.

The primary emphasis is on:

- fundamental motor skills
- providing learning experiences that are appropriate for the developmental level of the individual child
- a scope and sequence that is designed to reflect the needs and interests of students over a period of years

In grades 3-5 you first focus on developing movement concepts:

- space awareness,
- effort
- relationships

Then focus on developing skill themes:

**-manipulative skills:** throwing and catching, kicking and punting, volleying, dribbling with the hands, dribbling with feet, short handled implements (i.e.: rackets) and long handled implements (i.e. bats, hockey sticks)

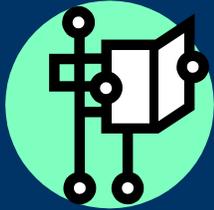
**-locomotor skills:** walk, jog, run, hop, skip, jump, gallop, etc.

**-non-manipulative skills:** chasing, fleeing and dodging; fitness, balance, jumping and landing, rhythm and dance

## COOPERATIVE LEARNING MODEL

In grades 3-5 our model of instruction is the Cooperative Learning Model within the Skill Theme approach. In this model students are placed in colored teams by the PE teacher. Within this team are students of varying abilities. Each member of the team has a job (coach, equipment manager, encourager, task reader and recorder). Team members are responsible not only for what is taught, but also for helping their teammates learn. This in turn creates an atmosphere of achievement for all students. Teams work through the tasks at their own

pace (written by the PE teacher and placed in their team folders before class) until all group members are successful. Cooperative learning promotes: student learning and achievement, increases student's retention of skills, helps oral communication with others, develops social skills and self esteem.



Fall 2012

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## 6-8 Physical Education

PE/Wellness is an opportunity for students in Grades 6-8 to grow and learn about themselves. Through a variety of activities students learn what they do well and what they need to work on. We encourage: self-awareness, self-discipline, being prepared for class, concern for others and cooperation.

We offer a variety of individual, small group and team activities with the goal of life-long enjoyment of activity. Students will participate in activities/games and be challenged and encouraged to work together to meet their goals.

### Units of Study

Below are some of the units of study we will be covering in PE during grades 6-8:

Ultimate Frisbee  
Floor Hockey  
Tennis  
Speedball  
Rock Wall Climbing  
Field Hockey  
Touch Football  
Fitness  
Basketball  
Dance Dance Revolution

Volleyball  
Golf  
Pickle ball  
Ping Pong  
Jump Rope  
Rugby  
Speedminton  
Lacrosse  
Fishing  
Badminton



Students are expected to come prepared for PE class in grades 6-8. This means a change of clothes and sneakers.

To enhance our PE program we will be working in conjunction with the North Hampton Recreation Dept. to offer different activities for 8<sup>th</sup> grade, which may include:

Surfing  
Kayaking  
Archery

Sailing  
Bowling  
Skateboarding