



North Hampton School

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 at the elementary level so that they are able 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
 - Underhand throw, Overhand throw, Passing with hands, Catching, Dribbling (and/or ball control) with hands, Dribbling/ball control with feet, Passing and receiving with feet, Kicking, Volley underhand, Volley overhead, Striking with short implement, Striking long implement, Jumping rope
- Locomotor skills
 - Hopping, Galloping, Running, Sliding, Skipping, Leaping
 - Jogging, Running
 - Jumping and Landing (horizontal and vertical plane)
- Non-manipulative skills
 - Chasing, Fleeing and Dodging, Fitness, Balance, Jumping and Landing, Rhythm and Dance

Outcomes that we value in PE

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

- Apply skills in a game scenario
- Develop healthy habits
- Develop locomotor, manipulative and non-manipulative skills
- Participate in a variety of activities
- Demonstrate the ability to cooperate with others
- Work hard to improve your skills
- Build flexibility, endurance and strength
- Enjoy participating in physical activity

PE Expectations

- Be prepared for class
- Respect yourself
- Respect classmates and teachers
- Be open to try new activities

Non-negotiables

- Listen to and Follow directions
- Keep your body to yourself

National Physical Education Standards

At North Hampton School the Physical Education program's goals, values and curriculum are based on the SHAPE (Society of Health and Physical Educators) Standards. The goal of PE is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity or health, enjoyment, challenge, self-expression and/or social interaction.



North Hampton School

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 at the elementary level so that they are able 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
 - Underhand throw, Overhand throw, Passing with hands, Catching, Dribbling (and/or ball control) with hands, Dribbling/ball control with feet, Passing and receiving with feet, Kicking, Volley underhand, Volley overhead, Striking with short implement, Striking long implement, Jumping rope
- Locomotor skills
 - Hopping, Galloping, Running, Sliding, Skipping, Leaping
 - Jogging, Running
 - Jumping and Landing (horizontal and vertical plane)
- 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.

Outcomes that we value in PE

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

- Apply skills in a game scenario
- Develop healthy habits
- Develop locomotor, manipulative and non-manipulative skills
- Participate in a variety of activities
- Demonstrate the ability to cooperate with others
- Work hard to improve your skills
- Build flexibility, endurance and strength
- Enjoy participating in physical activity

PE Expectations

- Be prepared for class
- Respect yourself
- Respect classmates and teachers
- Be open to try new activities

Non-negotiables

- Listen to and Follow directions
- Keep your body to yourself

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North Hampton School

6 - 8 Physical Education

PE 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 lifelong enjoyment of activity. Students will participate in activities/games and be challenged and encouraged to work together to meet their goals

PE Units

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

Ultimate Frisbee	Speedminton
Volleyball	Fitness
Floor Hockey	Lacrosse
Golf	Basketball
Tennis	Badminton
Pickleball	Soccer
Speedball	Track and Field
Ping Pong	Baseball
Jump Rope	Softball
Field Hockey	Frisbee Golf
Rugby	Handball
Touch Football	Adapted Sports

To enhance our PE program we will be working to offer different activities for Middle School students, which may include

Surfing
First Tee Golf
Northeast Passage
Team Building Activities

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- Develop locomotor, manipulative and non-manipulative skills
- Participate in a variety of activities
- Demonstrate the ability to cooperate with others
- Work hard to improve your skills
- Build flexibility, endurance and strength
- Enjoy participating in physical activity

PE Expectations

- Be prepared for class
- Respect yourself
- Respect classmates and teachers
- Be open to try new activities

Non-negotiables

- Listen to and Follow directions
- Keep your body under control

National Physical Education Standards

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