

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



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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.