

Physical Education at Waterman School

By Susan Hamilton and Dan Pesarchick

Students at Waterman School participate in Physical Education class three times per week, for 30 minutes. Emphasis is placed on an exposure to a variety of activities rather than the in depth focus of a few. The children participate in games and activities designed to promote the physical, social, and emotional growth of the student. Objectives and goals are developed through three essential domains of Physical Education; the psychomotor, cognitive, and affective domains.

In the psychomotor domain, the students:

- develop gross as well as fine motor skills
- develop a kinesthetic awareness through space concepts and traveling skills
- participate in a variety of cardiovascular and fitness activities
- participate in stretching as well as strengthening activities through climbing and exploration of apparatus
- learn basic rhythm and dance concepts
- participate in cooperative and peer activities and games

In the cognitive domain, the students:

- know the importance and benefits of physical activity and an active lifestyle
- know that physical activity provides the opportunity for personal challenge, self expression, and reflection
- recognize and respond to a number of cues and signals used in class
- know basic rules and boundaries of simple games and activities
- know gym and safety rules

In the affective domain, the students:

- actively participate in all activities
- celebrate personal successes and achievements
- are prepared for PE class (sneakers)
- demonstrate good teamwork and sportsmanship concepts
- demonstrate sharing and turn-taking skills
- participate in partner, small group, and team activities

Activities are categorized into four areas. The amount of time spent in each area varies with the grade level. Approximate time devoted to each:

	<u>DK</u>	<u>K</u>	<u>1st</u>	<u>2nd</u>
Movement/Self Exploration	45%	40%	35%	30%
Rhythms/Expression	35%	30%	25%	20%
Skill Development	10%	15%	20%	25%
Games	10%	15%	20%	25%

Examples of Activities

Movement/Self Exploration

- Locomotor/Traveling skills – skipping, galloping, hopping, jogging etc.
- Textures- “Can you move in a smooth manner? Strong? Quick? Slow? etc.

- Shapes- “Can you move in crooked body position?” Straight? Round? etc.
- Tempo –“Can you move quickly?” Slowly? Medium?
- Levels- “Can you move the ball at a high level?” Medium? Low?
- Patterns- 4 hops, 4 skips, 4 rolls, repeat pattern
- Signals- Start on stop with music, drum, whistle
- Space- “Can you spin the hoop in your own space?” Skip in any direction without bumping. Side-step from the A wall to the B wall.
- Cooperative- partners, small and large groups

Rhythms/Expression

- Locomotor skills to the beat of the drum or music
- Clapping, counting, recalling beats to a drum or music
- Dribbling to a beat
- Simple folk dances (Little Irish Dance, La Raspa)
- Popular- the twist, chicken dance, hokey pokey
- Square dance basics
- Parachute lessons “Shake the parachute as hard as the drum beat”

Skill Development

- Throwing/Catching (fleece balls, bean bags, playground balls, scoops, lax sticks, Frisbees etc.)
- Kicking (soccer balls, playground balls, gator skin balls, footballs)
- Targeting/Accuracy (wall targets, pins, cones, partners)
- Dribbling (basketballs, playground balls)
- Rolling (playground balls, gator skin balls, at targets, partners, bowling)
- Striking (tee-ball, hockey sticks, beach balls)
- Climbing and Strengthening (ropes, cargo net, whittle equipment, playground)
- Jump rope skills
- Basic gymnastics- (log rolls, forward rolls, partner stunts)
- Physical Fitness testing- second grade
- Ice Skating- second grade

Games

- Variety of tag games (kids know them all, and love them!)
- Target challenges (Pin Ball, team pin guard)
- Lead up sports games- 2nd grade (4 square soccer, softie hockey, Frisbee golf)
- Messy/Clean
- Oscar’s Can