

HEALTH ENHANCEMENT

Pre – K and Kindergarten

COURSE DESCRIPTION

Pre-K - Kindergarten P.E. introduces health, fitness, and sports into students' lives. Fun, not competition, is stressed.

The goals of the course are as follows:

- To acquaint students with good nutritional values
- To stress the importance of safety and good-sportsmanship while participating in physical activities
- To engage in physical activity in a fun, noncompetitive way
- To introduce students to various sports' tools (ex: soccer ball, football), allowing them to become familiar with them
- To provide an opportunity in the day for students to release tension and pent-up energy through exercise

OBJECTIVES

Students will:

- Realize the value (both physically and mentally) of living healthily, and thus begin a life-long habit of good nutrition, fitness, and exercise
- Achieve good workouts
- Become acquainted with some modified organized sports
- Improve hand-eye coordination and all over body coordination

PROCEDURES

Classroom Activities (students will):

- Engage in noncompetitive physical activities, such as running, walking, jump-roping, hula-hooping, martial arts, and dance
- Participate in some modified organized sports (ex: two-base kick ball), but stressing fun instead of competition
- Listen to teacher discussions and stories concerning safety, nutrition, and physical fitness

HEALTH ENHANCEMENT

1st & 2nd Grade

COURSE DESCRIPTION

First and second-grade P.E. continues to stress the importance of health, fitness, and sports in students' lives. Structure in sports is introduced, but in a noncompetitive way. The goals of the course are as follows:

- To stress the importance of safety and good sportsmanship while participating in physical activities
- To engage students in physical activity in a fun, noncompetitive way
- To familiarize students with good nutritional values
- To engage students in drills and to teach them basic ball skills (with soccer balls, footballs, basketballs)
- To teach the basics of numerous sports and games to students (ex:
• Soccer, kick ball, whiffle ball,...)
- To provide an opportunity in the day for students to release tension and pent-up energy through exercise

OBJECTIVES

Students will:

- Realize the value (both physically and mentally) of living healthily, and thus continue a life-long habit of good nutrition, fitness, and exercise
- Achieve good workouts
- Learn the basic rules of some organized sports
- Learn how to dribble, throw, catch, etc. various balls
- Improve hand-eye coordination and all over body coordination

PROCEDURES

Classroom Activities

Students will

- Engage in noncompetitive physical activities, such as running, walking, jump-roping, hula-hooping, martial arts, and dance
- Participate in some organized sports, but stressing fun instead of competition
- Participate in specific drills demonstrated by teacher
- Listen to teacher discussions and stories concerning safety, nutrition, and physical fitness

HEALTH ENHANCEMENT

3rd and 4th Grade

COURSE DESCRIPTION

Third and fourth-grade P.E. reinforces the importance of health, fitness, and sports in students' lives. Some competition in sports is introduced. The goals of the course are as follows:

- To remind students of good nutritional values
- To stress the importance of safety and good-sportsmanship while participating in physical activities
- To engage students in physical activity in a fun, noncompetitive and semi-competitive way
- To reintroduce sports taught previously to students, and to teach new sports and games to students (ex: volleyball)
- To engage students in drills and to teach them basic to intermediate ball skills (with soccer balls, footballs, basketballs,...)
- To provide an opportunity in the day for students to release tension and pent-up energy through exercise

OBJECTIVES

Students will:

- Realize the value (both physically and mentally) of living healthily, and thus continue a life-long habit of good nutrition, fitness, and exercise
- Achieve good workouts
- Improve hand-eye coordination and all over body coordination
- Practice dribbling, throwing, catching, etc. specific balls
- Learn the specific rules of, and compete in, some team-structured, organized sports

PROCEDURES

Classroom Activities (students will):

- Engage in noncompetitive physical activities, such as running, walking
- Jump-roping, hula-hooping, martial arts, and dance
- Compete in some team-structured, organized sports, such as soccer, football, basketball, and whiffle ball
- Listen to teacher discussions and stories concerning safety, nutrition, and physical fitness

HEALTH ENHANCEMENT

5th, 6th, 7th, & 8th Grade

COURSE DESCRIPTION

Fifth through Eighth-grade P.E. reinforces the importance of health, fitness, and sports in students' lives. Students engage in both competitive and noncompetitive sports. The goals of the course are as follows:

- To remind students of good nutritional values
- To stress the importance of safety and good-sportsmanship while participating in physical activities
- To engage students in physical activity in both a competitive and noncompetitive way
- To engage students in drills and to teach them intermediate to more advanced ball skills (with soccer balls, footballs, basketballs)
- To provide an opportunity in the day for students to release tension and pent-up energy through exercise

OBJECTIVES

Students will:

- Realize the value (both physically and mentally) of living healthily, and thus continue a life-long habit of good nutrition, fitness, and exercise
- Achieve good workouts
- Improve hand-eye coordination and all over body coordination
- Improve their skills in the dribbling, throwing, catching, etc., of specific balls
- Realize the importance of the specific rules of organized sports
- Realize the value of physical activities that are noncompetitive in nature

PROCEDURES

Classroom Activities

Students will

- Change into athletic clothes for P.E. class (because of the practicality of working out in athletic clothing and for basic hygiene purposes)
- Engage in noncompetitive physical activities, such as running, walking, martial arts, and dance
- Compete in team-structured, organized sports, with an emphasis on structure and rules
- Compete in several sporting tournaments
- Listen to teacher lectures concerning safety, nutrition, and physical fitness