

Physical Education:



1st Nine Weeks Overview



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The first, second, & third graders spent the first week focusing on the daily protocols and safety procedures for physical education classes and reviewing the safety rules and procedures for the playground bars. We spent the next four weeks working on their locomotor movements (i.e.: run, walk, gallop, skip, hop, jump, leap, etc) in personal and general space and at different levels. Our students learned and played a variety of tag games with and without equipment. We finished out the nine weeks with some fun Fall Seasonal Games. During this week we developing our overhand throw (T, point, pick up the front foot, fall forward, throw).

For the first nine weeks our Skill assessment was based on the students' ability to perform their locomotor movements, especially skipping, galloping, and running with special awareness, soccer defense, soccer passing, and on their ability to step forward with their opposite foot when they throw a ball. During the second nine weeks we will continue working on how we move in general space and our throwing techniques.

The fourth and fifth graders spent the first week reviewing the daily protocols and safety procedures for physical education classes, reviewing the safety rules and procedures on the playground bars. We quickly jumped into our flag football unit. In our flag football unit we learned how to throw, catch, tackle with flags, offensive and defensive strategies. We played flag football games and ultimate football. After football, we spent two weeks playing some games using our soccer skills. The students finished out the nine weeks playing some Fall Seasonal Games. During his unit we worked on out overhand throwing technique.

Our focus on assessment these nine weeks was for the students to independently demonstrate proper form on the overhand throw. We were looking for turn the shoulders, point throwing elbow towards target, step with lead foot/opposite foot, and finish with a follow through. Students were also assessed on their abilities in game situations, such as offense dribbling, and passing and defensive guarding.

- Congratulations to everyone who has been participating in our morning running clubs out on the running track every morning from 7:30-7:45.
- Turkey Trot is Wednesday, November 7.
- During American Education Week, November 17 - 21, we will have our Family Bowling Night on Wednesday, November 14.
- Follow us on Twitter @RHEPE1
- Follow us on YouTube: RHEPE

If you ever have any questions, concerns, or *praise* please feel free to call or email Mr. Eric.Turrill@lcps.org or Mr. Christopher.Lose@lcps.org at (540) 751-2450, plus please check out the Physical Education website, www.rhepe.com and bulletin board outside the cafeteria for all of our information.

