

Northside Physical Education 2019-2020

Program Philosophy

At the School District of Monroe, the philosophy for elementary physical education is to develop the “whole child” by providing each child with opportunities to learn through the physical, cognitive and affective domains. Our belief is that physical education should be both a meaningful and enjoyable experience for all students. The K-5 program is designed for individual success and achievement so children can develop the knowledge, skills and beliefs to live physically active lifestyle. In order to achieve this goal, students are introduced to an extensive selection of activities and concepts.

Program Description

Two 30-minute classes and one 30-minute large group fitness class each week.

Concepts

- Introduction to the five components of fitness (Body Composition, Cardio-Respiratory Endurance, Flexibility, Muscular Endurance & Muscular Strength)
- Introduction to the five levels of intensity of exercise (level 1=seat, level 2=daily activities, level 3=base, level 4=heart health & level, level 5=max)
- Introduction to food for energy and choosemyplate.gov
- Identify risk factors for heart disease
- Mindfulness practices

Activities

- Playground and recess games
- Fitness testing in Fall & Spring (sit & reach, curl-ups, health/weight, push-ups, pacer run)
- Locomotor Skills (skipping, galloping, jumping etc.)
- Manipulative Skills (striking, catching, throwing, rolling, kicking, volleying, bouncing)
- Cooperative Games
- Dance (Movement with music)
- Field Day Activities (entire school at the end of the year)
- 5th grade All city track and field meet (held in May at the high school track)
- Climbing (ropes, cargo net & traverse climbing wall)