

Northside Physical Education 2017-2018

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 kindergarten to 5th grade program is designed for individual success and achievement so children can develop the knowledge, skills and self-confidence to persevere a 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 per week and one 30-minute large group fitness class each week.

Concepts:

Introduction to the 5 components of fitness (body composition, cardio-respiratory endurance, flexibility, muscular endurance & muscular strength).

Introduction to the 5 levels of intensity of exercise (level 1=seat or media, level 2=daily activities, level 3=base, level 4=heart health & level 5=maximum).

Introduction to food for energy and health and MyPlate.gov.

Identify risk factors for heart disease.

Identify 14 major bones in the human body.

Identify 9 major muscles in the human body.

Activities

Playground and recess games

Fitness testing Fall & Spring (sit & reach, body rows, curl-up, height/weight, push-ups & pacer run)

Locomotor Skills (skipping, galloping, leaping, jumping etc.)

Dance (Sock Hop) Movement with music

Manipulative skills (bean bags, Frisbees, balls, parachute, sand bells, “sqairs” & jungle gyms.

Climbing (ropes, cargo net & traverse climbing wall)

Field day activities (for the entire school last day of the year)

5th grade All city track and field meet (held in May at the high school track)