

# Hillview Academy Physical Education

## Grades 4-5

Teacher: Mr. P. Wheeler

### Why bother with “Gym Class”?

*...because it's the best subject in school!*

It's been long recognized that physical activity plays a major role in normal growth and development of children. It improves muscular strength and flexibility, strengthens cardiovascular functioning, contributes to control of body weight, and nurtures development of positive self-esteem.

### What do kids do in PE Class?

*...have lots of FUN, of course!*

The elementary program will include a variety of games and activities across various themes (see list below). The themes for grades 4-6 are as follows:

Theme	Sub Theme	Description
Games	Space, Direction, Body Awareness	Games which provide opportunity to demonstrate adequate use of space and body awareness, to avoid collision and possible injury, as well as to provide advantage/strategies in terms of the goals of the game.
	Locomotor Skills	Games which focus on the proper and efficient mechanics of walking, running, jumping, skipping, hopping, and leaping.
	Non-Locomotor Skills	Games which incorporate bending, twisting, curling, and swaying motions involving a wide range of body joints
	Manipulative Skills (projecting and receiving large/small objects, using implements and/or apparatus)	Games using large/small balls, beanbags; catching, throwing, hitting, kicking; hula hoops, skipping ropes, scooters.
Rhythmic Activities		Rhythmic activities give students an opportunity for self-expression and creativity while at the same time providing a chance to interact with partners and groups. Skills and activities to music include: locomotor skills, ball skills, movement routines, folk and international dances, and creating and performing a musical routine with a partner/group.
Gymnastics		Gymnastics, in the context of this program, is regarded as an activity, not a sport. The emphasis on the gradual accumulation of skill in basic gymnastic movements and balances. Gymnastics contributes significantly to overall fitness because it uses muscle groups and body orientations that are uncommon to many other activities.
Sports Lead-up Activities		Activities will include skills common to many sports (i.e. passing, shooting, catching or trapping, hitting and bouncing). The sports may include: soccer, hockey, baseball/softball, volleyball, basketball, badminton, and track and field.
Fitness and Wellness		Fitness activities may include: aerobic workouts; stretching exercises; strength exercises. Students will also learn about the components of physical fitness, know what it means to be physically fit, recognize individuality in fitness, and understand the effects of exercise on the body.

## How will my child be graded?

Assessment of student achievement in the specific PE outcomes will be accomplished through teacher observation, student performance, peer observation, and self-reflection.

The report card will reflect your child's achievement of the outcomes under the following descriptors:

1. Actively participates and demonstrates movement skills in a variety of physical activities and environments.
2. Demonstrates an understanding of movement concepts/skills and applies them to healthy active living.
3. Demonstrates cooperation and responsibility in a variety of physical activities and environments

Level of achievement will be indicated using the following scale:

- |    |  |
|----|--|
| 4  | Proficient achievement of curriculum outcomes                        |
| 3  | Satisfactory achievement of curriculum outcomes                      |
| 2  | Approaching achievement of curriculum outcomes                       |
| 1  | Not yet demonstrating achievement of curriculum outcomes             |
| IE | Insufficient evidence to evaluate achievement of curriculum outcomes |

## Are there any other student expectations for PE class?

*...Yep! Here are some of the general expectations...*

- Students are expected to be properly dressed for physical education to allow for comfort and flexibility while participating and to allow for general personal hygiene. If a child is not properly dressed for activity, the teacher will make a judgment as to whether or not the child will participate.
- Appropriate gym wear would be shorts, or athletic pants, and a T-shirt. Indoor athletic shoes, which are clean, are a must. Sneakers that leave floor marks, or other non-athletic footwear, will not be allowed. Shirts and shorts must adequately cover the body for safety and modesty concerns.
- Students may be excused from participation for medical reasons providing that they submit a note from their parents/guardian. Extended illness (3 days or more) requires a medical note from a doctor.
- If classes are held outdoors, students are to dress accordingly (students will be notified in advance if classes are held outside the gymnasium).
- Absolutely no eating or gum chewing will be permitted during class time. Students can bring personal water bottles; however, drinking breaks will be granted with teacher permission. Water only...Sports Drinks, Soft drinks, "Kool-Aid", or other flavoured drinks will not be permitted.
- Long hair should be tied back and all jewelry must be removed. Please make sure that you store all valuables in a safe and secure place.
- Respect and encourage one another. Bad-mouthing, nagging, put-downs, inappropriate aggression, and other unsportsmanlike behavior is not acceptable.