

# K-5<sup>th</sup> Grade Physical Education Overview

By Doug Hastings  
Greywolf P.E. Teacher Since 1998



# What Does P.E. at The Elementary level Look Like?

All of this content is in a brochure on my office door or on my district website that is available to the parents and students.

## Greywolf Elementary School

### Physical Education



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#### Physical Education Philosophy

The main focus in P.E. 1st - 5th grade here at Greywolf Elementary will be on the students physical, intellectual, social and emotional wellness.

#### Physical Wellness Element

- To enjoy exercise and be excited by it.
- To provide healthier choices through physical activities such as:

frisbee-golf, bocce beanbag, horse-shoes, team-handball, floor-hockey, bowling, rock-wall climbing, archery basketball, safe-dodge ball, soccer, cooperative-games, mini-golf, kickball, jump-roping, tag games, scatter dance, and fitness challenges.

#### Social Wellness Element

- To work in small groups.
- To communicate their thoughts and needs in a positive and friendly way.
- To play cooperative games where the main focus of the activity is to work and communicate as a team versus an individual.

#### Intellectual Wellness Element

This element of wellness is more geared to the 4th & 5th graders and will be tested at the fifth grade level by using the state mandated test (Fitness CBA) designated for P.E. classes. The following are some basic areas that the CBA will focus on:

- To understand the skeletal and muscular systems of the body.
- To understand fitness components.
- To understand the S.M.A.R.T. acronym for good goal setting strategies through playing chess.
- To understand some basic nutritional and street safety guidelines.

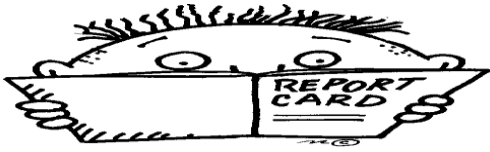
#### Emotional Wellness Element

- For students to feel good about their performances in gym class.
- To expose students to a setting where trying your hardest is as good as completing the task.

“It is important for students to be aware that they will not win the game or the league championships or come in first place the majority of the time. But instead know that trying your best is the pathway which leads to success.” Doug Hastings

# A Closer Look at a Typical Day of P.E.

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## 1st-5th Grade Participation

1st –5th grade will be graded solely on their willingness to participate by doing three things. First; wearing clothes and shoes that allow them to be active and safe. Second; they need to have an attitude that they will be willing to try the many different activities each time they have class. Third; they need to follow the directions so they do not have to sit out.

## 4th—5th Grade

### Fitness Gram “Pacer”

4th –5th grade will do the pacer 3 times during the trimester they have P.E. and their best score recorded onto their report card. There will be no grade attached to this score it is meant only as a conversational piece to create dialogue with the students parents about goal setting, fitness or ways to improve.

## 5th Grade

### “CBA” Fitness/Health Test

5th grade students will take the CBA Classroom Based Assessment test for Health and Fitness and the results will be given back to the students in a 1-4 number scale that correlates with the grading scale used on the students classroom report card.

## A Typical Day in P.E. Class Tuesday Through Friday is as Follows

Students are greeted as they enter the gym and sit down, then told what they will be doing for that day. The Entire P.E. session is broken down into five phases.

- Warm up:** Is usually 5 minutes long and consist of a simple activity that gets the kids moving at a medium pace. Some examples are playing catch, dribbling a soccer ball or basketball.

- Stretch Circle:** Is usually 5 minutes long and consist of the students working together to form a circle and then two students are picked to lead the class through 2 stretches and 2 exercises.

- Learning Target Center:** Is usually 5- minutes long and consist of the students focusing on the learning target.

- Main Activity or Game:** Is usually 30-35 minutes long and consist of a game that focus on teamwork, cooperation, and responsibility while giving exposure to different types of sporting skills.

- Wrap-Up:** Is usually 5 minutes long and consist of the students getting a drink of water and answering questions.

## A Typical Monday in P.E. Class Is

**For 1-5 graders:** To do a slimmed down version of the Tuesday – Fridays routine.

## About the Instructor

Mr. Hastings has been teaching physical education here at Greywolf since 1998. He went to school at Central Washington University where he earned his Bachelor of Science in Physical Education and a minor in Health. In 2001 he attained a Masters of Education Degree. Mr. Hastings, his wife Allison and two children live in Sequim. Mr. Hastings has also been involved in coaching High School tennis here in Sequim.



## For more Information

Go on line and look at the Greywolf elementary P.E. web page. Also please feel free to contact me (Doug Hastings) at Greywolf Elementary at 360-582-3300 ext 317 if you have any questions or would like to volunteer to help.

# Physical Education Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

## Greywolf Activities

## State Standards

Frisbee-Golf	Bocce Beanbag	1. Locomotor	2. Non-locomotor
Horse-Shoes,	Team-Handball	3. Balance	4. Weight Transfer
Floor-Hockey	Archery	5. Rhythm	6. Underhand Throw
Basketball	3 X safe-dodge ball	7. Catch	8. Overhand Throw
Rock-climbing	3 X Bowling	9. Hand Dribble	10. Foot Pass/Kick
Soccer	3 X Cooperative Games	11. Foot Trap	12. Foot Dribble
Mini-Golf	3 X Tag Games	13. Strike/Volley, Hands and Arms	
Kickball	Jump-Roping		
Scatter Dance	Fitness Challenges		



# Physical Education Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

## Greywolf Activities

The games played at Greywolf also naturally get intertwined with standard #2 just as they did with standard #1 on the previous slide



## State Standards

1. Space
2. Pathways. Levels, and Relationships
3. Speed, Direction, and Force
4. Strategies



# Physical Education Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

## **Greywolf Activities**

This standard is a little more specific to the learning center phase of the P.E. class. Also there are other activities that are more specialized in hitting this area, but with all activities there is still some cross over.

The specialized activities are:

Skeletal Puzzle Relay

The 20 Meter Pacer

Heart Rate Monitor System

5th Grade CBA 2<sup>nd</sup> Hand Smoke

5th Grade CBA Health & Fitness

## **State Standards**

1. Benefit of Physical Activity
2. Engagement in Physical Activity
3. Health-Related Fitness
4. Skill-Related Fitness
5. Fitness Assessment
6. Engagement in Fitness Activities
7. Body Systems
8. Nutrition

# Physical Education Standard 4: Students will exhibit responsible personal and social behavior that respects self and others.

## Greywolf Activities

This standard is the foundation of the entire P.E. program and is constantly woven into all activities.



## State Standards

1. Personal Responsibility
2. Rules and Etiquette
3. Receiving and Providing Feedback
4. Working with Others
5. Safety





# Physical Education Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

## Greywolf Activities

This standard is very evident for anyone that visits my gym classes.



## State Standards

1. Challenge
2. Self-Expression and Enjoyment
3. Social Interaction





# Overall Review of K-5 Physical Education Program

- The bar has been set high and Elementary P.E. is leaping to the forefront.
- Solid Curriculum alignment that is specific to our students
- Kids are excited to go to P.E.



# Supporting Student Learning

## Successes

Trimester scheduling  
Personalized curriculum  
Knowing your students “G.W.”

**Make Learning Fun:  
A Complete P.E.  
Curriculum With 27  
Fun P.E. Games**



Skeletal Puzzle Relay



Scooter Floor Hockey



Archery



Gummy Gym Challenge



Team Letter Building

## Challenges

Year long scheduling “Haller”

Building “Gym” logistics  
space, location, storage,  
multi-purpose use.

100 Minutes a week average  
“WAC392-410-135”

Retaining good P.E. Teachers “Haller” 7



# Next Steps Towards Improving

- Passing the Bond to get a more secure, safer, and adequate gym settings for our students.
- Maintain or improve 100 minutes of P.E. time per week for 1-5<sup>th</sup> graders
- Heart Monitors for Greywolf Betu Nu Grant pending



Everyone wants their kids to have a great experience, so think of the children of Sequim like your own.