

Grey Nun Academy

Physical Education

As a Physical Education Instructor my responsibility is to develop and teach from a systematically organized curriculum grades Pre K thru 8. Today's youth deserve a well-conceived and well-developed program of physical education, because it can improve their quality of life and have an impact on their way of living.

I believe that the ultimate measure of a successful physical education program is not the student's current level of physical skills, nor is it the number of participants on the traveling team. The ultimate measure of success is the number of students who incorporate physical activities such as exercise, sports and outdoors adventure activities into their life-style throughout life.

Physical Education Program Emphasis

N-2 Body Management Competence

Control of the body on the floor, across the floor, in flight, on apparatus; with emphasis on balance, coordination laterality, directionally, spatial judgments and postural efficiency.

2-3 Fundamental Skills

Locomotor- walk, run, hop, skip, slide, leap, dodge, and change direct

Nonlocomotor- bend, twist, reach, lift, raise, lower, turn, stretch, bridge, rock, balance, etc.

Manipulative- throw, catch, volley, kick, bat, strike, bounce, dribble, balance, Jump rope

4-5 Specialized Skills

Large, apparatus, hand apparatus, games and sports, stunts and tumbling, fitness activities and cooperative sports

6-8 Higher Skill Attainment

Program is balanced among team sports, individual sports, lifetime activities and cooperative sports.

GOALS OF THE PHYSICAL EDUCATION PROGRAM

- A) To provide every child with the opportunity to develop and maintain a level of physical fitness as needed by each individual.
- B) A long-range goal is the maintenance of an appropriate level of fitness in later years.
- C) Help students develop desirable social standards and ethical concepts.