

Physical Education Syllabus Grades 3-5
Mother Teresa of Calcutta Catholic School
2017-2018



Course Purpose and Content

The purpose of a physical education program is to guide students in the process of becoming physically active for a lifetime. In PE, as in all academic areas, students must learn the basic skills which require practice and refinement in the physical education setting. Students integrate and apply the skills learned in PE to their everyday life. Students will receive encouragement to exhibit good sportsmanship and respect for others.

There will be a warm-up at the beginning of every class, which includes a variety of workout exercises and stretches. We will then follow up with some kind of activity, game, or sport. Skills will be introduced and worked on leading up to playing games. These sports may include, but are not limited to soccer, basketball, volleyball, flag football, capture the flag, dodge ball, jump rope, tennis baseball, and kickball. Once a trimester, students will participate in fitness assessments (push-ups, sit-ups, sit and reach, and the PACER) in order to track physical fitness and progress towards their own fitness goals. The PACER test (Progressive Aerobic Cardiovascular Endurance Run) is a shuttle run where students run back and forth as many times as they can, using an audio track to guide their pace. Students will not be graded or judged on their abilities, but rather on their participation.

Grading

Trimester dates:

- ✓ Trimester 1: 8/9/17-11/2/17
- ✓ Trimester 2: 11/3/17-2/20/18
- ✓ Trimester 3: 2/21/18-5/25/18 (5/18 for kindergarten and 8th grade)

There will be four formative assessments per trimester. Many will be performance based or paper and pencil assessments. There will be no summative assessments in PE.

Announcements

- ✓ Students will participate in PE three days a week.
 - 3rd grade- Monday, Wednesday (outside), Friday
 - 4th grade- Monday, Tuesday, Friday
 - 5th grade- Monday, Tuesday, Thursday

- ✓ Students **will** dress out on Spirit days. They **will not** dress out on $\frac{1}{2}$ days.
- ✓ PLEASE LABEL ALL ITEMS!
- ✓ All students will dress out in the locker room.
- ✓ Sick or injured? Please send in a parent or doctor's note with your child. They can bring a book to read while sitting out on those days.
- ✓ When it is cold, students are allowed to wear the MTC sweatshirt and pants over their PE uniform.
- ✓ We have indoor (gym access) and outdoor (field access)

Expectations

- ✓ Follow directions
- ✓ Respect one another
- ✓ Respect PE equipment
- ✓ Try to do your best
- ✓ Keep hands and feet to yourself

Monthly Fitness Challenge

The monthly fitness challenge is an optional fun activity to be done at home. Students are in no way required to do this. Students who complete the challenge will be entered into a drawing for a prize at the end of each challenge. Please remember when doing the challenge that proper technique is always important. The challenge for September will be push-ups.

Contact Information

Please feel free to contact us with questions or concerns. Emails will be within 24-48 hours during school days.

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