

Carroll Manor PE

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Dear CMES Parents and Guardians,

Welcome to a new school year of PE at Carroll Manor! The Physical Education staff would like to welcome you to an exciting year of fitness and fun! We want all of our students to develop a lifelong love and desire for fitness, health, and physical activity. As our nation confronts an obesity epidemic, we are dedicated to our mission of **“Inspiring others to pursue a healthy and physically active lifestyle.”** We are excited to help your children become physically literate this school year!

What does it mean to be Physically literate?

https://youtu.be/_okRtLv-7Sk

Mr. Connors, Ms. Fortney, Mr. Porter

Elementary PE Grading and Effort Policy

Elementary school students in grades 1-5 will receive two grades in Physical Education. Each student will receive a grade for Demonstrating Skills and Concepts as well as a grade for Effort. Kindergarten students are not graded on effort. The demonstration of skills and concepts will be based on the following:

70% - Demonstrating Appropriate Skills; Skill Performance Assessments (Psychomotor Domain)

30% - Demonstrating Knowledge of Concepts; Exit Outcomes, Summative Tests/Quizzes (Cognitive Domain)

A student's Effort grade will be determined by a summative evaluation of the student's ability to meeting personal and social responsibility during each unit of instruction per term. Typically, Physical Education teachers implement 3-5 units of instruction per term.

At the conclusion of each unit, the teacher will use a 4-point rubric to make this determination based on the following:

- Students will come dressed appropriately for physical activity and be prepared for class
 - Students will demonstrate regard for safety and appropriate use of equipment.
 - Students will demonstrate working effectively with others.
 - Students are expected to participate actively throughout the class period.
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Important PE Announcements

2019 Eat Healthy Challenge Sept. 16-20. Forms will go home this week. Students do not need to turn back in the form. Families just need to complete the challenge and bring the form itself to Summers Farm for one free admission.

The Pappy Lorenzen Cross Country meet @ Keys Stadium will take place on Tues. Sept. 24th. More info will be coming home to interested students!





PE Units and Concepts

1st quarter of 2017-2018

Dates	LIONS K	1-2	3-5
9/3-9/13	Orientation/Rules and Expectations/Spatial Awareness, Warm Ups Games, Playground Safety	Orientation/Rules and Expectations/Spatial Awareness Warm Up Games, Playground Safety	Orientation/Rules/Routines/Expectations Fitness Warm Ups/Team Building Team Hula Hut Relays Teaching Social Responsibilities, Playground Safety
9/16-10/4	Movement Education: Spatial Awareness/Levels/Directions/Locomotor and non-locomotor skills Activity: Locomotorville, Musical Relays Health: Community Health and Safety		Flag Football: Chasing/Fleeing/Dodging, Throwing/Catching, Kicking, Punting, Field Awareness, Modified Football Games Health: Community Health and Safety
10/7-10/25	Striking Skills (Kicking/Punting, Target Kicking, Passing, Trapping, Dribbling, Shooting/Power Kicking) Modified Soccer Games		Soccer: Striking w/ Body Parts (Kicking & Punting, Soccer Target Kicking, Control Passing and Kicking/Power Kicking/Dribbling) and Modified Soccer Games
10/28-11/09	Underhand Throw/Overhand Throw/Thanksgiving Themed Stations		Fitness Testing (All tests except mile run) Native American Challenges

