

## ELEMENTARY PHYSICAL EDUCATION PHILOSOPHY

The physical education program is designed to help students enjoy the world of sport and recreation. The curriculum includes a variety of prescribed and selected activities that promote both conceptual and skill-based learning. Students also focus on health and physical fitness, both as an end in themselves, and as a means toward enhanced performance.

The ultimate aim of general education is to provide students with the lifetime tools for learning and living. Some of the content in this process includes skills in the academic, social, and movement areas. Therefore, in dealing with the whole child, education seeks to offer students a life of meaning, reward, and self-fulfillment. Physical education is consistent with these aims in that it seeks to promote health habits and physical skills that influence current and later life choices.

## ELEMENTARY PHYSICAL EDUCATION OBJECTIVES

1. To provide vigorous activity for physical development.
2. To teach fundamental motor skills as they relate to movement and sport activities.
3. To provide games, sports, and other activities that will enhance both the interests and the ability to play successfully.
4. To develop an understanding and an interest in fitness.
5. To promote acceptable social standards and attitudes of good sportsmanship.
6. To assist in the growth of emotional security by fostering joy and satisfaction in group challenges and activities.
7. To present a wide spectrum of recreational activities that will enable students to make informed choices in later school and adult years.
8. To provide team building through physical challenge and accomplishment.
9. To develop an awareness of safety.
10. To assess student progress and ability.

# ELEMENTARY COMPONENTS OF MASSACHUSETTS COMPREHENSIVE HEALTH CURRICULUM FRAMEWORKS

## STANDARD 1

Listed below are the components of the Hingham elementary physical education curriculum that are included in Standard 1, Growth and Development:

- Warm ups
- Muscle identification
- Muscle application
- Benefits of exercise
- Cardiovascular concepts
- Cardiovascular benefits

## STANDARD 2

Listed below are the components of the Hingham elementary physical education curriculum that are included in Standard 2, Physical Activity and Fitness:

- ★ Movement explorations- spacial relationships, personal space, awareness of body parts, speed
- ★ Tumbling- forward roll, backward roll, cartwheels, balance beam
- ★ Fitness activities- strength, flexibility, endurance, balance, coordination, agility
- ★ Ball skills- catching, bouncing, throwing, kicking, rolling
- ★ Recreation- bowling, cooperative games (shipwreck, capture the flag)
- ★ Rhythmic activities- calisthenics, hoops, bean bags, dance
- ★ Locomotor movements- walking, hopping, skipping, jumping, galloping, running in various patterns and directions
- ★ Team sports- soccer, football, basketball, floor hockey, volleyball, kickball, racquet sports, team strategies and concepts
- ★ Coordination through the skills of: various types of balls, bean bags, hoops, parachutes, ribbons, balance beam

## ELEMENTARY PHYSICAL EDUCATION CURRICULUM

### Fall

Heights and Weights  
Soccer  
Football Skills and Lead-ups  
Racquet Skills  
Sport and Skill Related Warm-Ups  
Jump Ropes and Hoops  
Skill Focused Obstacle Courses  
Team Building Activities  
Recreational Games (traditional and original)

### Winter

Tumbling Skills  
Basketball Skills and Lead-ups  
Volleyball Skills and Lead-ups  
Floor Hockey  
Ring Hockey  
Pillow Polo  
Rhythmic Activities  
Movement Exploration  
Parachute Activities  
Relay Races  
Rope Activities  
Recreational Games (traditional and original)

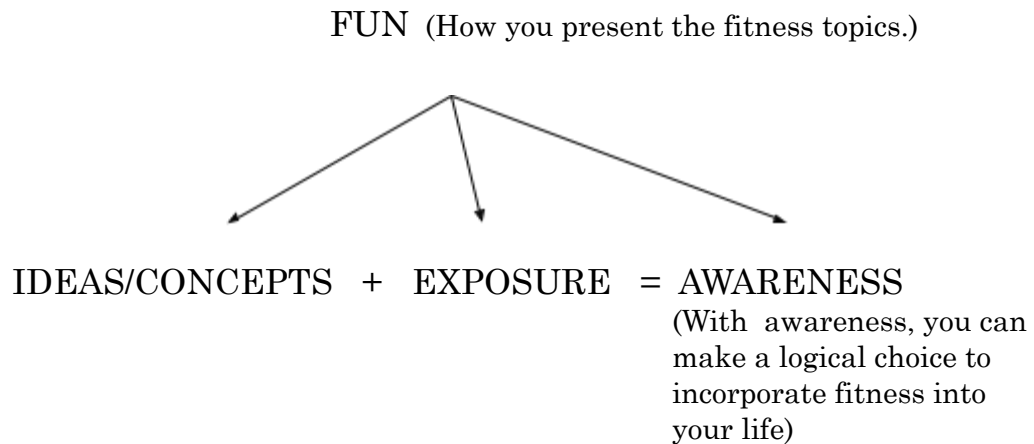
### Spring

Track and Field  
Boomerball  
Racquet Skills  
Jump Ropes  
Bean Bag Games  
Hand Eye Coordination Activities  
Ball Skills  
Wiffleball  
Recreational Games (traditional and original)

## ELEMENTARY FITNESS PHILOSOPHY

The fitness component of the elementary physical education program is designed to expose students to a variety of exercises, skills, and concepts that can be used for a lifetime. The body, like our minds, needs to be fine-tuned. This program is designed to allow children to understand why exercise is essential for a healthy, well-rounded individual.

Exposure to fitness is key, as well as the concepts behind it. This area of the curriculum covers a broad spectrum of concepts related to the physical health and well being of each individual student. Actual fitness test models have been eliminated because of the redundancy as well as the competitive nature of these types of tests. In the place of these fitness tests are performance-based tests that are specific to each individual school. The concepts are system wide, the designed performance tests and implementation are specific to each school. A model that showcases the overall point of physical fitness at the elementary school level is:



## ELEMENTARY FITNESS OBJECTIVES

1. To present physical fitness in a fun exciting way that will lead to lifelong use.
2. To introduce performance based tests that motivate students in the area of fitness.
3. To relate physical fitness to such areas as individual differences, performance level self-assessment, and health.
4. To identify and evaluate students with specific fitness needs.