

Saint Ambrose School

Mr. Steward – Physical Education Pre-K-8th Grade

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I. Format and Procedures:

The students will enter the gymnasium or outside and line up in their assigned lines. They will begin their warm-up routine upon the start of class. The warm-up routine will contain daily strength building exercises along with running and stretching. Then we will start our lesson for the day. A cool down routine will end the class. The cool down routine will contain breathing and stretching.

II. Rationale:

Physical Education is important to develop activity patterns and skills that will be carried into adulthood. It also promotes regular physical activity that is beneficial for overall health and well-being. Positive experiences in physical activity are important.

III. Course Objectives:

This course will consist of basic information regarding exercise and the effects of exercise on the body. It will also cover the basic movement skills (skipping, hopping, jumping, throwing, running etc...) along with complex movement skills and how to apply them during games and sports performance.

Classroom Rules:

1. Do what is right
2. Listen during instruction or; be respectful when others are speaking
3. Do not touch equipment until permission is given
 - a. Take care of YOUR equipment
4. Practice positive behaviors
 - a. Trustworthiness
 - b. Respect
 - c. Fairness
 - d. Caring
 - e. Citizenship
5. Wear tennis shoes and appropriate clothing

Consequences:

1st offense- Warning

2nd offense- Timeout (minutes based on age)

3rd offense- Email & phone call

4th: Principal's office & call home

IV. Course Requirements:

Come to class prepared, participate and have fun!

V. Grading Scale: Follow instructions

See Archdiocese of Washington report card

VII. During the Units (*May change slightly depending on weather & student needs*)

- ❖ Basketball
- ❖ Dance
- ❖ Dodge ball
- ❖ Fitness
- ❖ Football
- ❖ Free Days Review skills
- ❖ Frisbee
- ❖ Golf
- ❖ Hockey
- ❖ Hopscotch
- ❖ Introduction/ Procedures/Safety
- ❖ Jump rope
- ❖ Kickball
- ❖ Lacrosse
- ❖ Parachute games
- ❖ Racquet games (Tennis and Badminton)
- ❖ Scooters
- ❖ Soccer
- ❖ Shuffle board
- ❖ Teamwork Activities
- ❖ Volleyball