

**Mission Statement:** It is the mission of the Elba Central School District to actualize the phrase “Elba Equals Educational Excellence for Everyone.” We are committed to providing both quality and equity. Every student will have the opportunity to develop to the best of his/her ability.

**Elba Standards:** In addition to the knowledge and basic skills they need in order to participate in society, graduates of Elba Central School will develop:

1. Empowering skills: decision making, goal setting, creative thinking and problem solving abilities;
2. Communication and social interaction skills;
3. Technological literacy;
4. Total wellness (social, physical, emotional health and self-esteem);
5. The values necessary to participate in society.

As a result of achieving these outcomes, our students will embrace lifelong learning.

### **New York State Standards for Physical Education:**

**1. Standard 1 – Personal Health and Fitness**

*Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.*

**2. Standard 2 – A Safe and Healthy Environment**

*Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.*

**3. Standard 3 – Resource Management**

*Students will understand and be able to manage their personal and community resources.*

### **National Standards for Physical Education:**

*National Content Standards -- A Physically Educated Person .....*

1. *Demonstrates competency in many movement forms and proficiency in a few.*
2. *Applies movement concepts and principles to the learning and development of motor skills.*
3. *Exhibits a physically active lifestyle.*
4. *Achieves and maintains a health-enhancing level of physical fitness.*
5. *Demonstrates responsible personal and social behavior in physical activity settings.*
6. *Demonstrates understanding and respect for differences among people in physical activity settings.*
7. *Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.*

## **Performance Indicators:**

### NYS Standard 1:

#### Students:

- Participate and understands benefits of physical activities (games, sports, exercises) that provide conditioning for each fitness area.
- Develop physical fitness skills through regular practice, effort, and perseverance.
- Demonstrates mastery of fundamental motor, non-locomotor, and manipulative skills, and understand fundamental principles of movement.
- Demonstrate and assess their fitness by performing exercises or activities related to each health-related fitness component, and establish personal goals to improve their fitness.
- Apply locomotor, non-locomotor and object manipulation to sport settings.
- Able to combine basic motor skills to become successful in a game setting ( catching while moving etc.)
- Develop leadership, problem solving, cooperation, and team work by participating in group activities.

### NYS Standard 2:

#### Students:

- Contribute to a safe and healthy environment by observing safe conditions for games, recreation, and outdoor activities..
- Practice appropriate participant and spectator behaviors to produce a safe and positive environment.
- Work constructively with others and in groups to accomplish a variety of goals and tasks.
- Follow the rules, routines and understands the importance of rules in a leisure setting.
- Know how injuries from physical activity can be prevented or treated.
- Develop skills of cooperation and collaboration, as well as fairness, sportsmanship, and respect for others.

### NYS Standard 3:

#### Students:

- Use resources available at home and in the community offer opportunities to participate in and enjoy a variety of physical activities in their leisure time.

- Know the health-related fitness activities in their communities, and fitness and the various uses of sports equipment.
- applies appropriate decision making to sport and recreational activities.
- becomes discriminating consumers of fitness information, health-related fitness activities in their communities, and fitness and sports equipment.

**Acceptable performance level:**

**Students at levels 5-6 will satisfy APL by achieving a score of a 3 and/or 4 on Elba Central Elementary Report Card and Assessment Reports.**

**Assessments:**

**Teacher Observations ( Authentic assessments)**

**Exit slips**

**Pre/post affective assessments**

**Rubrics**

**Cue checklists**

**Performance tasks**

**Fitness testing**

**Task challenges**

**Paper/ pencil assessments**

**Behavior/ attitude rubric**

**Scope:**

The goal of physical education in the intermediate grade levels is to continue to develop and improve skill performance levels, as well as the concept of being a contributing member of a team. Game play continues with an emphasis placed on rules and fair play.

**Sequence: 5-6**

- Application of object manipulation to game settings
- Combine movement concepts and object manipulation (accuracy/ distance/ direction/ speed)
- Cooperative Learning/ Teamwork / Leadership
- Offensive and Defensive concepts
- Individual and Team Strategies
- Relationship between healthy lifestyle and prevention of illness
- Fitness Testing
- Sport dynamics

**Methodology:** Skill/ Sport Themes Approach; Movement Concepts; Cooperative Learning; Fitnessgram

