

I. Hampstead Academy Physical Education Curriculum Information 2017-18

Hampstead Academy's Physical Education/Intramural Program has four major objectives:

1. To promote movement skills and movement knowledge
2. Develop and maintain positive self image and personal development
3. Develop goal-setting techniques; appropriate social behaviors, and a positive work ethic
4. Motivate and educate students as to the many benefits of an active lifestyle

Skills are the tools that adults use to maintain health and fitness. Children and youth learn skills through involvement in physical activity. Only through devoting time to these skills will they be learned well enough to use them throughout life. Physically educated individuals are able to maintain fitness through skill-based activities such as tennis, fencing, swimming, golf, soccer, dance and the like. Hampstead Academy students will have a greater propensity to continue to be active in high school and as adults when they graduate with the knowledge, confidence, basic skills, and varied sport experiences necessary for a lifetime of fitness.

SHAPE (Society of Health and Physical Educators) America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

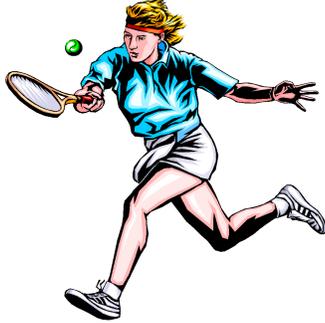
Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



The SHAPE standards are integrated into Hampstead Academy's physical education curriculum and programming. The units and intramural offerings chosen for the physical education program allow for a vast continuum of sport experiences within the student's educational background at Hampstead Academy. The Hampstead Academy student understands that physical activity provides the opportunity for superior health, character, enjoyment, challenge, self-expression, and social interaction.

Hampstead Academy students learn to value maintaining their fitness and health. Each student's personal health is recognized as a lifelong responsibility. After being exposed to the large menu of sport activities and experiences within the Hampstead physical education curriculum, students will be motivated to continue to make educated decisions regarding their future activity choices in the quest for a lifetime of involvement in activity and/or sport.

Physical Education units and intramural offerings are rotated each year. The Hampstead Academy units/ intramural offerings that have been included are the following: badminton, skateboarding, soccer, football, lacrosse, field hockey, orienteering, cross country running, basketball, volleyball, gymnastics, team handball, swimming, downhill skiing, fencing, indoor soccer, floor hockey, dance, yoga, fitness, cooperative games and problem solving, track and field, softball, baseball, multicultural games and golf. Student interest plays an integral part in unit offerings and curriculum planning.

Hampstead Academy student's needs are paramount. Student growth and development physically, emotionally, academically, and socially are enhanced through involvement in our physical education, intramural, and sports team programming.

Hampstead Academy Physical Education Units for 2017-2018

Grades K-2

Trimester 1- Introduction to Kidnastic skills and Introduction to Track and Field skills through various games

Trimester 2- Introduction to Lacrosse skills through lead up games, Ball handling and hand/eye coordination skills and games, as well as Striking skills

Trimester 3- Introduction to Volleyball through lead up games, Introduction to Softball/Baseball skills through lead up games, and Introduction to Jump Roping skills

Grades 3-5

Trimester 1- Kidnastic skills and modified Track and Field skills

Trimester 2- Modified Lacrosse skills and lead up games, Team Handball, Assorted Racket Games, and Fitness

Trimester 3- Modified Volleyball and lead up games, Modified Softball/Baseball and lead up games, and Jump Roping

Grades 6-8

Trimester 1- Kidnastics and Track and Field

Trimester 2- Lacrosse, Team Handball, Assorted Racket Games, and Fitness

Trimester 3- Volleyball, Softball/Baseball, Jump Roping

In Kindergarten an introduction to movement vocabulary and concepts will be used as a foundation for units presented. An introduction to related skill sets are presented and experienced by all. Lead-up games and activities are utilized to practice new skills learned in a game or modified activity format.

In grades one and two the emphasis is to continue to build a movement vocabulary and introducing fundamental movement concepts. Three and four rule games are taught. One and two step directions are given to teach skill work. Students begin to experience movement skills and attempt to apply concepts and vocabulary taught within the unit.

Students in grades three through five continue to develop and review their movement vocabulary, as well as to apply concepts and strategies that may apply to the unit in progress. Modified game play and basic strategies are studied. Multiple step directions are given to teach skill work. Students are now able to use and apply movement vocabulary and concepts to game play or unit activity.

Hampstead Academy students in sixth through eighth grade practice applying, and developing concepts and strategies as they relate to the unit being studied. Game play or activity participation is modified to suit varied abilities, safety, and available facilities. Regulation game play and/or competitive aspects and opportunities for future participation are also discussed.

***Units and unit duration are subject to change due to weather, student interest, fitness testing, etc. We hope to continue to accommodate other opportunities in programming that may occur within the school year, and remain flexible to school- wide programming and testing.

II. Hampstead Academy Physical Education Progress Reports:

Grades 1 and 2:

1. **Demonstration of skill and knowledge of concepts**
 - Student is willing to attempt skill work within the unit.
 - Student is able to demonstrate skills correctly; given proper cueing
 - Student strives to understand unit concepts

2. **Applies skills and concepts to a related game or activity**
 - Student is able to demonstrate skills in a game or related activity with success.
 - Student is able to apply unit concepts to a variety of related games or activities presented in the unit.

3. **Follows class rules and is able to cooperate and participate**
 - **No talking when the teacher is talking.**
 - **Use kind words and actions while working with others**
 - **Hands and feet to yourself.**
 - **Move in control. Watch out for your safety as well as others.**
 - **Use equipment only as instructed.**
 - **Have fun!!!!**

Progress Key:

- 1-Consistently exhibits skills/behaviors**
- 2-Usually exhibits skills/behaviors**
- 3-Occasionally exhibits skills/behaviors**
- 4-Rarely exhibits skills/behaviors**

II. Hampstead Academy Progress Reports Grades 3-8:

Methods of Assessment in Physical Education.

Assessment: The primary goal of assessment should be seen as the enhancement of learning, rather than simply the documentation of learning. Proper assessment asks two questions. What was learned, and how well it was learned. The first question deals with content while the second deals with the nature of performance.

Benefits of Assessment: a) Information about student learning for the teacher and the learner.
b) Feedback to the student

Assessment is not a conclusion of a unit but an ongoing authentic process.

How will student progress be evaluated in physical education class?

Student progress will be evaluated based on student development in the following areas:

- 1) Performance of Motor Skills – Psychomotor Domain (PD)
- 2) Understanding of Movement Concepts- Cognitive Domain (CD)
- 3) Self and Social Responsibility – Affective Domain (AD)

Student progress will be assessed throughout each unit that is taught. There will be occasional homework assignments and activities that encourage family involvement. Please assist your child by completing necessary forms, providing proper clothing and shoes, and encouraging him /her.

Teaching physical skills is an important responsibility of a physical educator; equally as important is the nurturing of pro-social behaviors. The Hampstead Academy physical education program objectives and grading criteria includes activities/expectations that facilitate the development of physical skills while also nurturing respect, resourcefulness and responsibility.

Physical Education Grading Criteria/Student Expectations as they relate to the 3 R's and the 3 Domains:

Respect

Be thoughtful. (AD)
Be helpful. (AD)
Use good listening skills. (AD)
Be willing to share and take turns. (AD)
Accept others as they are. (AD)
Accept and follow rules.
Accept a controversial decision of an official (AD)
Talk in a friendly manner. (AD)
Call each other by name. (AD)
No put-downs. (AD)
Resolve interpersonal conflicts with a sensitivity to the rights and feelings of others

Responsibility

Answer for your own behavior. (AD)
Take good care of the equipment and use only as directed. (CD, PD, and AD)
Make choices based on the safety of others
Improve fitness (PD)
Remember your gym bag and sneakers each class. (AD)
Remain on task during class without close teacher monitoring. (PD,CD,AD)
Utilize time effectively to complete assigned tasks
Try your best. Strive to improve skills and fitness test scores. (PD and AD)
Be honest and fair-Make conscious decisions about applying rules, procedures, and etiquette
Work cooperatively and productively in a group to accomplish a set goal in both cooperative and competitive activities (PD,CD,AD)
Evaluate and record your progress accurately. (CD and AD)
Able to demonstrate/attempt skills taught correctly and/ or provide proper cues. (PD)

Resourcefulness

Share your ideas. (AD)
Improve your skills. (PD and AD)
Work up to your potential. (PD and AD)
Study and score well on quizzes. (CD)
Demonstrate skills with proper cueing. (CD and PD)
Set personal goals; and strategies to meet them. (CD)
Be Creative. (CD, PD, and AD)
Be an effective problem solver. (CD and AD)
Identify positive and negative peer influences (AD)

A=Three R's criteria were demonstrated on a consistent basis

B=Three R's criteria were usually met.

C=Three R's criteria were inconsistently met.

D= Three R's criteria were rarely met.

III. Program Specifics:

Appropriate Dress for Physical Education Class:

First-fifth grade students do not change for physical education classes. Please make sure your child is wearing a good supportive pair of sneakers and loose fitting, comfortable clothing on physical education days. We do go outside for class for several activities and tend to get dirty upon occasion, please consider this when dressing your child on P.E. days. Please do not have your child wear jewelry on P.E. days. This is for your child's safety as well as others. Students are asked to take off watches and other jewelry upon entering class and often forget to pick jewelry up after class. Please avoid this trauma of missing favorite item(s) by keeping the jewelry home on P.E. days.

IV. Gym Bag Information: Grades 6-8 will change and /or modify dress on physical education days. Safety is a primary concern. Please keep the jewelry home on P.E. days to avoid lost items. It is the student's responsibility to remove any jewelry worn before class. The H.A. staff will not be responsible for any lost or misplaced items. A pair of good supportive sneakers is a must. Fashion sneakers with built up heels; those lacking sufficient cushioning and support are not acceptable for class. An old pair of sneakers for wet muddy conditions outside and a newer pair of sneakers for inside use are best. All students should also carry an extra pair of socks.

Clothing worn to class should not be restricting or hazardous. Please review the list below and choose P.E. clothes accordingly.

ACCEPTABLE

Solid colored plain T-shirts
(Small insignias are fine)
Warm-up suits
Athletic shirts
Hampstead Academy T-shirts
Sweat shirts / Sweat pants
Gym shorts / cotton shorts
Supportive and cushioned sneakers
(No black soles)
Hair pulled back (out of face)

UNACCEPTABLE

Rude or crude T-shirts
Co-ed naked anything
Jeans / Regular pants
Sweaters
Cut-offs
Belts
Shirts with items glued on
Anything torn, ripped, or patched
Jewelry (rings, dangle earrings, necklaces)
Slip on sneakers
Light weight- hiking shoes.
Sandals or Crocs
Spaghetti strap shirts
Rolled waistline of pants or shorts
Bare Midriff
Boxers, underwear, or back side exposure

The Upper School Gym Bag - Students in grades 6, 7, and 8 are required to change for class and bring their gym bag for all physical education classes.

Hygiene: You need to address your own personal hygiene needs. Please discuss the need for a daily shower schedule, use of deodorant, and clean clothes at home. You will be required to have a complete gym bag on all physical education days, intramurals and sports team practices. **All gym bags will be checked at your first physical education class. This is your first assignment, please be prepared with all necessary items.**

Your gym bag should include a wash- cloth or disposable wipes, deodorant, comb and /or brush, and a fresh pair of socks along with P.E. clothes. A plastic bag should also be included to transport any wet or soiled clothes home.

It is up to all upper school students to be sure you have your gym bag for each physical education class. If an upper school student is unprepared (no change of clothes and /or no gym bag) more than one class a trimester, his or her PE grade will go down a 1/2 letter grade for each occasion. The effort grade will decrease as well.

V. Medical Conditions:

Please write a note when your child is to be excused from physical education class. A doctor's note will be necessary with any lengthy medical condition that will keep your child out of physical education for more than two consecutive classes. We will also need a note to allow the student to return to class activities after an illness or injury that is being treated by a doctor or physical therapist. If a lengthy medical condition causes a student to miss the majority of a unit, the student will receive a "Med" or medical for that trimester. Please update your child's medical records and notify Mr. Steadman if a medical condition occurs that is not mentioned in your child's medical records at the beginning of the school year.

If your child comes to class and is not feeling well, he or she will be asked to try the first few minutes of class or beginning activities, and then if he or she is still uncomfortable they will sit out or be sent to the nurse.

If your child is injured during physical education class, depending on the severity of the injury, an accident report, treatment, and notification of injury to the parent may occur. Please sign any accident reports upon picking up your child that day at school. All accident reports are left at the front desk.

Please notify Mr. Steadman as soon as possible if your child complains of an injury sustained in PE class. Students may not recognize or feel the injury until after class. Many times students do not mention an injury for fear of not being able to participate in the activity in progress.

PE Folders / Parent Teacher Conferences:

Each student has a PE folder that they created the first year they started school at Hampstead Academy. Some of the skill assessments, fitness testing results and homework/class assignments are filed for teacher, parent, and student review. If you wish to see your child's folder you may do so at any time. The PE folders must be viewed and kept at school. If you would like to schedule a conference you may call and request one at any time during the school year. You can also request to see me the day that a PTC is scheduled for your child.

Become involved!!!!

Ask your child what they did in PE class. Encourage activity at home. Participate in varied activities as a family. Make exercise a daily habit in your household.

Join in on our Parents in P.E. sessions held once each trimester where parents join in with their child's P.E. classes and learn about the skills and activities they have been working on in class; student PE folders are also available for parents at that time.

Please use our school site and calendar to access and print-off any needed program permission forms, or program training and assignment sheets. Team sports schedules and away game addresses will be provided on the school site as well. Be sure to check it on a regular basis for any changes in game or meet schedules.

If you should have any questions or concerns regarding the PE, Intramural, or Sports Programming, please do not hesitate to contact me during school hours or write us a note.

Thank you in advance for allowing me to work with you as a team to enhance your child's learning.

Sincerely,

**Drew Steadman
Hampstead Academy Physical Education Teacher
Upper School Athletics / Intramural Programming Coordinator**

