



**WELCOME BACK
TO
ANNANDALE TERRACE ES'
PHYSICAL EDUCATION CLASS**



**With
Ms. Johnson
and
Mrs. Huggins**



OUTLINE

- Fire drills
- Sports Skills
- Skill Themes
- Grading
- PE Homework
- PE Clubs
- Mileage Club
- Wellness Homework
- Character Education
- PE Newsletter
- Birthdays
- Smartboard use and care
- Video-Taping
- Picture-taking
- Special Events

Sports Skills

- Soccer
- Basketball
- Hockey/Golf/Pillo
Polo
- Flag Football
- Volleyball
- Tennis
- Bowling
- Softball
- Jump Roping
- Gymnastics
- Stunts &
Tumbling
- Track & Field

Skill Themes

- **Kicking**
- **Passing**
- **Dribbling**
- **Catching**
- **Shooting**
- **Running**
- **Volleying**
- **Rolling**
- Striking (hitting)
- Throwing
- Fielding (catching)
- Jumping and Landing
- Balancing
- Transferring weight
- Body Awareness
- Traveling

Grading

- 1. Warm-ups**
- 2. Participation (in activity) & Effort**
- 3. Skill tests**
- 4. PE Homework**
- 5. Wellness Homework (Wellness Challenge)**

PE Homework

- **1 – 3 per 9 weeks**
- **Write, draw or write & draw**
- **One week to complete (receive in Tuesday folder)**
- **Due by Friday**
- **Doesn't take more than 10 – 20 minutes**
- **Extra credit: puzzles, extra questions**

PE Clubs

- **PE Homework Club – complete homework assignments**
- **Fitness Club – complete Wellness Homework/Challenge**
- **Running Club – See Mileage Club**

Mileage Club (Running Club)

- **Keep track of laps**
- **Turn in record sheets every 20 laps (5 miles)**
- **Rewards: Certificate and shoe token**

Wellness Homework

- **Receive once a month (in Tuesday folder).**
- **Due by the 5th of the next month.**
- **Choices: Do the activities listed OR keep track of activities you already do.**

Character Education

Promoting Good Character

Through Physical Education!

1. Responsibility
2. Fairness
3. Respect
4. Trustworthiness
5. Caring
6. Citizenship

PE Newsletter

- **August**
- **September/October**
- **November**
- **December/January**
- **February/March**
- **April/May**
- **June/Summer**

Birthdays

- **Each class period**
- **By Mrs. Huggins**

Smartboard use and care

- **Keep hands off.**
- **Keep equipment away.**
- **Use carefully.**

Video-Taping

- **Evaluations:**
 - **Teacher**
 - **Student**
 - **Peer**

Picture-taking

- **Class**
- **Individuals**
- **PE Showcase (in hallway)**

Special Events

- **AT Jumper Tryouts (Oct.)**
- **Hoop Shoot (Oct./Nov.)**
- **JRFH (Jump Rope for Heart) – (Feb)**
- **Sportsmanship Week & Dance Night (Mar.)**
- **Bowling Truck (Apr.)**
- **Walking Field Trip to AHS – 4th & 5th grade mile run (May)**
- **Hershey Track Meet – 4th & 5th grades (May)**
- **Field Days (June)**

Have a
Safe and
Fun Year
in PE!

Fire Drills

- **Listen carefully to directions.**
- **Quietly line up.**
- **Walk carefully out of the building to your assigned place.**
- **Stay with your class at all times.**
- **Wait with your teacher until it is safe to return to your classroom.**



Responsibility

- **Putting forth your best effort at all times**
- **Does professional duty; what he/she should do**
- **Is accountable for his/her actions**
- **Does his/her best; pursues excellence in everything**
- **Demonstrates self-control of temper, desire and passions**
- **Demonstrates self-discipline by doing what should be done even when it is difficult or unpleasant**

Fairness (Fair play)

- **Playing by the rules**
- **Including all class members in the activity regardless of ability**
- **Playing your position – not being a “ball hog”**
- **Creating groups that are equal**
- **Sharing (e.g., taking turns, sharing equipment)**
- **Listens with an open mind**
- **Treats people fairly, justly and equitably**
- **Is consistent when his/her behavior affects others**
- **Is careful and thorough in making decisions and judgments about or affecting others**
- **Uses fair & open procedures in decisions that affect others**

Respect

- **Being a good winner**
- **Congratulating others on a good performance of a skill**
- **Showing respect for the efforts of all members of a group in the accomplishment of a goal**
- **Treats others the way he/she would like to be treated**
- **Respects the privacy of others**
- **Respects autonomy by letting others make their own decisions**
- **Is courteous & polite; not yelling, insulting, or embarrassing others**
- **Shows acceptance and tolerance of racial, ethnic, religious, differences and handicaps**

Trustworthiness

- **Tells the truth even when it costs something**
- **Is sincere -- not deceptive, tricky or sneaky**
- **Is candid and forthright, volunteers information needed by others**
- **Honors others' property -- don't steal**

Caring

- **Helping less-skilled partners or group members**
- **Is kind and considerate**
- **Empathizes with colleagues and other students**
- **Empathizes with teachers, administrators, supervisors**
- **Is willing to be charitable and generous with time and/or money**

Citizenship

- **Take responsibility for your own behavior and learning**
- **Scrupulously follows organization rules and policies**
- **Plays by the rules (no cheating or taking short cuts)**
- **Respects authority**
- **Performs civic duties (voting, jury duty)**
- **Does volunteer community/school work**