# Physical Education Curriculum and Goals

The Infant Jesus physical education curriculum for sixth grade is as follows:

At sixth grade level the students will:

* Improve coordination skills through throwing, catching, jump roping, dribbling, kicking, dodging, bowling, striking, and rhythm activities. (The New Hampshire State Jump Rope Test is given – speed jump and double unders.)
* Increase aerobic fitness, muscular strength, flexibility and coordination. (President’s Youth Fitness Program FitnessGram Assessment administered)
* Reinforce spelling, math, and geography skills.
* Build cooperation and sportsmanship through role-playing and problem-solving cooperative games.
* Develop team sports skills and strategies through adapted sports games.
* Learn vocabulary, rules, and scoring in sports and tournament play.
* Understand the benefits of good health habits and active lifestyle.
* Have fun moving!

The above objectives will be accomplished through a variety of games and activities. Students are encouraged to run laps during a warm-up period at the beginning of each class. The President’s Youth Fitness Program FitnessGram Assessment and will be administered, and each child will receive a fitness report card with their scores. All students are taught to speed jump and double unders, and the New Hampshire Jump Rope Test will be given in March. Students are also encouraged to complete a one mile run in the spring during warm-up, and “Top 5 Mile Times” and school records for each grade level will be recorded and posted.

Students will take part in “sports units” of soccer, field games, volleyball, basketball, pillo polo, badminton, cooperative challenges, and softball. This is accomplished through adapted sports games and activities as well as game and tournament play. They will be expected to learn competitive rules and scoring techniques. Teamwork and cooperative behaviors in games are emphasized, and competition is not. “If you had fun, you won!”

Please read the “Physical Education Courtesy and Safety Rules,” which last years’ students helped comprise on the reverse side. We will be reviewing these in class.

We spend ***most of the fall and spring outdoors for class***, so make sure your child is dressed appropriately for the weather that day (and always in **tennis shoes, please**). Remember to send in your child’s permission form for traveling to Sullivan Park. Jewelry on gym day should also be avoided and **labeled water bottles** on gym days are always helpful. The “grand finale” of your child’s physical education year will be fun-filled field day in June.

Feel free to email me at boire@ijschool.org with any questions or concerns. Please read the “Physical Education Courtesy and Safety Rules,” which are also linked to my web site.