




Excellence in
Physical Education.....

.....it's Elementary!



Physical Education Curriculum K-5 2009

Grosse Pointe Public School System



*"Your brain is only as healthy as the
body that carries it."*

*~Jean Blaydes-Madigan
Neurokinesiologist*



Mission Statement

The Grosse Pointe Elementary Physical Education Department teaches students the knowledge and skills necessary to participate in an active lifestyle.


A decorative background on the left side of the slide features a vertical stack of colorful, semi-transparent icons representing various sports: a soccer ball, a tennis racket, a basketball, a volleyball, and a tennis ball. The icons are set against a light blue and white background with a subtle geometric pattern.

Philosophy

A quality Physical Education Program is sequential, and provides students with the knowledge, skills, fitness concepts, and attitudes necessary to lead a healthy life style.

This curriculum also focuses on fun, involvement, character, self-esteem, health and fitness, and total well-being for our students.

It is an essential part of everyday life.



Grosse Pointe Public School System Elementary Physical Education

Is in alignment with:

Michigan Education Grade Level
Content Expectations

&

National Association for Sport
and Physical Education Standards



Content Strands

- ◇ Motor Skills & Movement Patterns
- ◇ Fitness & Physical Activity
- ◇ Content Knowledge
- ◇ Personal/Social Behaviors & Values



Motor Skills & Movement Patterns

- ◇ Locomotor skills
- ◇ Object control skills
- ◇ Body control movement
- ◇ Rhythmic skills
- ◇ Health-enhancing, lifelong physical activities



Fitness & Physical Activity

- ◇ Aerobic endurance
- ◇ Muscular strength and endurance
- ◇ Flexibility and balance
- ◇ Recognize and understand the benefits of a strong and healthy body
- ◇ Appreciation for a lifetime of activity




Content Knowledge

- ◇ Awareness of self space
- ◇ Apply prior knowledge
- ◇ Value of safety and rules
- ◇ Understand the importance of staying active




Personal/Social, Behaviors & Values

- ◆ Responsible and appropriate behavior that respects self and others in physical activity settings
- ◆ Appreciate and value physical activity for health, enjoyment, challenge, self-expression, and social interaction



Grosse Pointe Elementary Physical Education teaches:

- ◇ students how to learn
- ◇ how to be physically fit
- ◇ how to control emotions
- ◇ how to get along
- ◇ how to move
- ◇ how to set goals



The New 2009 Grosse Pointe
Elementary Physical Education
curriculum places
stronger emphasis on:

- ◇ Activities that stimulate and prepare the brain for learning
- ◇ Current trends in fitness and lifetime activities



Someday,

the only thing that will
matter is your health.



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