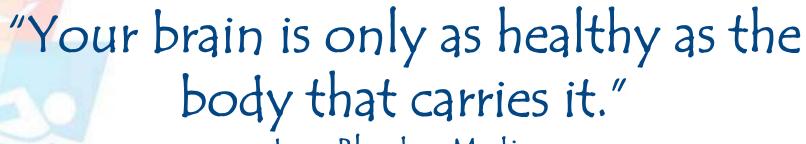


....it's Elementary!

Physical Education Curriculum K-5 2009

Grosse Pointe Public School System



~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.

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

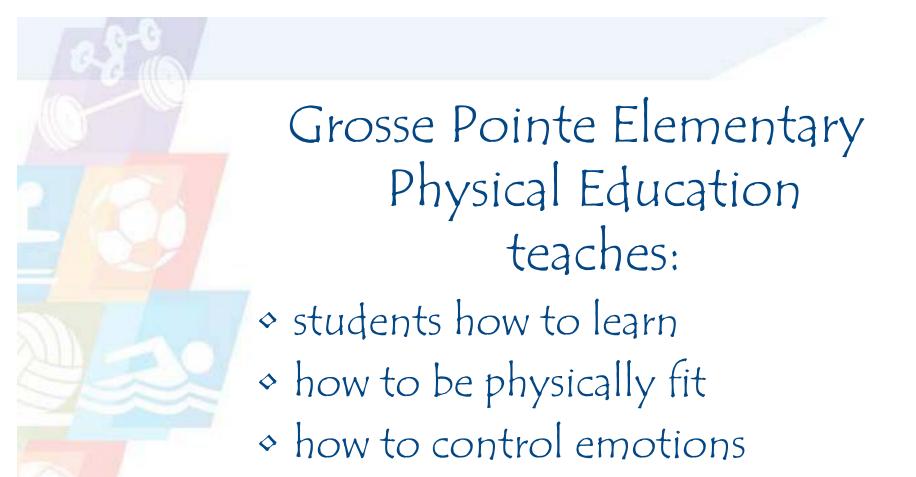
- Aerobic endurance
- Muscular strength and endurance
- Flexibility and balance
- Recognize and understand the benefits of a strong and healthy body
- ◆ Appreciation for a lifetime of activity



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

Personal/Social, Behaviors & Values

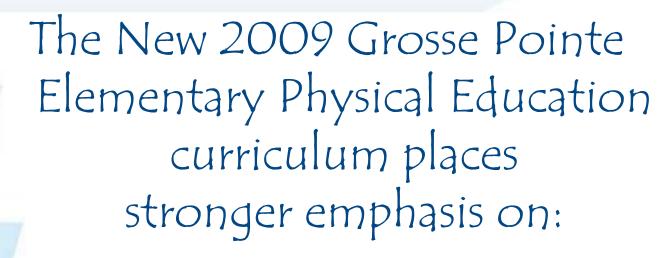
- Responsible and appropriate behavior that respects self and others in physical activity settings
- Appreciate and value physical activity for health, enjoyment, challenge,
 self-expression, and social interaction



how to get along

how to set goals

how to move



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





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