

DISTRICT 101 ELEMENTARY SCHOOL
PHYSICAL EDUCATION HANDBOOK

FITNESS FOR LIFE



*FIELD PARK *FOREST HILLS *LAIDLAW

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Dear Parents,

The Physical Education Department is excited and eager to get started on a new and challenging school year. Enclosed in this handbook you will find information about District 101 Elementary Physical Education goals, rules, playground safety information, curriculum and assessment documents, district policies, procedures, and grading rubric. All of the information and activities in this package will be taught and reinforced throughout the school year.

We have provided you with this information so that you will better understand our program and in turn help assist us in providing your child with a safe and enjoyable school year in physical education. While the activities will vary in duration and vigor, it is your child's effort in which we are most interested. Active participation is the key to the program. We also will be emphasizing the characteristics of responsibility, respect, and safety. The development of these characteristics is an important part of our program.

We believe you will find this information helpful. If you have any questions regarding our program, please do not hesitate to contact us. We look forward to working with your children and meeting you in the near future.

Sincerely,

The Elementary Physical Education Department

Ryan McLaughlin: Field Park

Carrie Prevolos: Forest Hills

Marc Shulman: Laidlaw



Mission Statement

Physical Education should provide an environment which will allow all students to experience the joy of physical activity and discover the value of personal fitness as part of daily living. It is a forum for students to make responsible and thoughtful decisions relative to their physical, emotional, and overall health practices. Student who are physically educated are more likely to be successful academically and socially throughout their school years. Active Living Research, a national program of the Robert Wood Johnson Foundation, supports the following research. “Students whose time in PE or school-based physical activity was increased, maintained or improved their grades and scores on standardized achievement tests, even though they received less classroom instructional time than students in control groups”. This portion of our students’ educational experience will enable them to internalize and understand the merits of participation, cooperation and tolerance through physical activity. Our content standards emphasize working cooperatively to achieve common goals, meeting challenges and making good decisions as a team to problem solve. This approach is accomplished by choosing age appropriate activities and building new skills at each grade level.



Illinois State and District Standards

- Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity
- Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment
- Develop team-building skills by working with others through physical activity
- Recognize human body systems and factors that influence growth and development
- Understand principles of health promotion and the prevention and treatment of illness and injury
- Promote and enhance health and well-being through the use of effective communication and decision-making skills



There are two types of fitness that your child will be exposed to and assessed throughout the year.

Performance Related: Linked to athletic performance and skill based. This includes correct technique, speed, agility, reaction, and coordination.

Health Related: These are linked to four fitness components that, when followed, can help increase a healthy lifestyle throughout adulthood.

Muscular Strength: Ability to perform appropriate grade level exercises such as push-ups, sit-ups and pull-ups.

Muscular and Cardio Endurance: Ability to run appropriate grade level distances. i.e., $\frac{1}{4}$, $\frac{1}{2}$, 1 mile run.

Flexibility: Ability to move muscles and joints through proper and full range of motion.

Aerobic Fitness: Ability of the heart and lungs to deliver blood to all muscles and recover in a timely manner.

Class time for Physical Education:

- Kindergarten: one day per week for 30 minutes
- 1st – 5th grades: three days per week for 30 minutes



Physical Education Rules

Be Responsible:

1. Only enter the gym when a teacher is present.
2. When entering gym, walk to the instructed squad and sit down. No running or sliding.
3. Stop, look, and listen when signal is given.
4. Only use equipment with permission from teacher.
5. Absence from physical education requires a written note from your doctor or parent.
6. Wear gym shoes to participate in P.E.
7. Wear appropriate clothing on P.E. days.
8. Think about the consequences of your actions.

Be Respectful:

1. Only one person talks at a time, showing respect for your teachers and classmates.
2. Follow teacher instructions for the duration of all activities.
3. Be on your best behavior for all teachers who teach P.E. regular staff and substitutes.

Be Safe:

1. Candy or gum are not allowed in gym.
2. Report all injuries to the teacher immediately.
3. Students may only leave the gym with teacher permission.

District 101 Elementary Physical Education Grading Rubric

Students in grades 3, 4, and 5 will receive a letter grade as well as a grade for Academic Behaviors. Letter grades are based upon eighty percent of a child's participation, skill, cooperation and fitness testing. Twenty percent of the grade will represent Academic Behaviors, such as listening, following directions, following gym rules, and respecting fellow classmates.

Grading rubric for 3rd, 4th and 5th grade students will include skills that are taught, participation, and cooperation. Fourth and 5th grade rubrics will also include an end-of-unit quiz and Physical Fitness Testing. All study guides and quizzes can be found attached to the end of each unit plan.

Physical Fitness Testing

All 4th and 5th grade students are required to complete the Pacer Physical Fitness Test. This test is completed every 4th week of a unit. Students set individual goals for themselves and are encouraged to improve and reach personal goals. Each student will be required to keep a record of his/her progress and goals. Students will receive a participation grade that is based on effort and reaching personal goals. This grade will be part of the Academic Behavior grade. Grades 3, 4 and 5 will also be given the Presidential Fitness Test in April. This test consists of 5 different areas of fitness found on page 6. The following document explains the different areas of fitness testing and the standards that will be used to assess your student. Kindergarten through 2nd grade will be practicing these 5 different areas of fitness during their fitness weeks throughout the year.



Rubric for Skill, Participation, and Cooperation	The quiz portion of this rubric applies to 4 th and 5 th grade students.
4 Excellent	Consistently demonstrates mastery of skill, participates, cooperates and scores a 92% or above on written quiz.
3 Above Average	Demonstrates knowledge of skill, participates, cooperates and scores 83% or above on written quiz.
2 Average	Inconsistently demonstrates knowledge of skill, cooperation, participation and scores 74% or above on written quiz.
1 Unsatisfactory	Demonstrates little knowledge of skill, participation, cooperation and scores 65% or above on written quiz.

K-2 Rubric:

(+): Consistently demonstrates knowledge of skill, participates and cooperates with teacher and classmates.

(Check): Developing knowledge of skill, makes an effort to participate and cooperate with teacher and classmates.

(-): Shows no understanding of skill, makes no effort to participate or cooperate with teacher and classmates.

Skills	Rubric for Academic Behaviors
4 Consistently	Follows game rules, makes fair and honest decisions, accepts teacher's decision. Includes all teammates in play and is always respectful, responsible and safe. Can win or lose graciously
3 Usually	Follows game rules, accepts honest and fair decisions of the teacher. Includes most of their teammates in game play. Shows a high level of respect, responsible and safe behavior. Can win or lose respectfully.
2 Sometimes	Usually follows game rules and accepts honest and fair decisions of the teacher. Does not always include teammates. Inconsistently shows respect, responsible and safe behavior. Accepts winning but has difficulty losing.
1 Never	Does not follow or play by game rules. Does not include teammates, often leaves game or argues when team is not winning. Does not show respectful, responsible or safe behavior. Difficulty losing and also difficulty winning
Points	

K-2 Rubric for Academic Behaviors:

(+): Consistently follow game rules, includes all teammates in play and is always respectful, responsible and safe. Show good sportsmanship win or lose.

(Check): Usually follows game rules and includes teammates in play. Does not always show respect, responsibility or safe behavior.

(-): Does not follow game rules, or include teammate in play. Does not show respect, responsibility or safe behavior.

Soccer Unit

K-2nd: Soccer Skill Sequence:

- Dribbling with inside of foot
- Passing with inside of foot
- Trapping with either foot
- Shooting between cones
- Throw-in with two hands overhead

Target and Exit Outcomes: Demonstrate knowledge of soccer game and rules. Consistently demonstrates soccer skills to participate in basic lead-up games for soccer.



3rd-5th: Soccer Skill Sequence:

- Dribbling with inside and outside using both feet.
- Passing with inside and outside using both feet.
- (4th and 5th gr.) Instep and Punt. Trapping with either foot.
- (4th and 5th gr.) Side of foot trap, shin trap, leg trap.
- Shooting in goal and Goaltending. (4th and 5th gr.) Shoot in stride, run, shoot and defend.
- Throw-in with two hands overhead. (4th and 5th gr.) With power and accuracy.

Target and Exit Outcomes: Demonstrate knowledge of Soccer Rules and Strategies. Demonstrate all Soccer skills to participate in the game of Soccer. (4th and 5th gr.) Score 86% or above on end of unit Soccer Quiz. Modified lesson plans, skill test and quizzes are available for students with special needs.



4TH Grade Soccer Study Guide

Kickoff - Taken from the center of the field at the start of each period of play, or after a goal has been scored. Each player must stay in his /her own half of the field until the ball has been kicked

There are eleven players on each side including forward, back and one goalkeeper.

Forwards -Advance the ball into scoring territory and attempt to score

Midfielders- Work both offense and defense

Defenders-Primarily defense: wings-outside, stopper-center, sweeper-last defender

Soccer Skills:

The game of soccer involves skills that include mainly the feet: dribbling, passing and various types of kicks. Control of the ball can be improved by practicing the techniques involved

Dribbling: Used to advance the ball from one point to another by a single player

Passing: Kick used to get the ball to an open teammate

Trapping: Used to stop and/or control the ball.

Drop Kick and Punt: Methods of clearing the ball out of the goal area.

Heading: Used as a pass, to score, or to bring the ball to ground level.

Throw-in: Used to put the ball in play from the sideline.

Direct Free Kick: Awarded after an intentional foul is made such as _____

Corner Kick: Awarded to the offensive team when a defender forces the ball over his/her own goal line

Goal Kick: Awarded to the defensive team when a member of the attacking team forces the ball over the goal line

Penalty Kick- Awarded to the offensive team when a defensive player, other than the goalie, touches the ball with his/her hands

4th Grade Soccer Quiz

Soccer is a field game played by two teams each consisting of { 10, 11, 12 } players?

The game begins with a kick-off in the { corner, center, end } of the field?

The player taking the kick-off must not kick it again until the { referee, coach or another player } has touched it.

Except for throw-ins, the { goalkeeper, forward, middle } is the only player that can pick the ball up with his/her hands.

Name 3 body parts you can control, pass or dribble the ball with.

_____ , _____ , _____

A goal is worth { 1, 2, 3 } points, when the entire ball crosses the { goal line, side line, end zone }.

An opponent of the team that causes the ball to go over the sideline takes a { throw-in, free kick, direct kick }.

Describe the following positions:

Forward:

Middies:

Fullback:

Please list 3 out of the 4 Soccer Skills used in a game.

- 1.
- 2.
- 3.

5th Grade Soccer Study Guide

Goal Kick: Awarded to the defensive team when a member of the attacking team forces the ball over the goal line.

Corner Kick: Awarded to the offensive team when a defender forces the ball over his/her own goal line.

Start of the Game, and number of players: There are eleven players on each side including forward, middies, defenders and one goalkeeper.

Positions:

Forwards: Advance the ball into scoring territory and attempt to score.

Midfielders: Work both offense and defense.

Defenders: primarily defense: wings-outside, stopper-center, sweeper-last defender.

Object: To score more goals than your opponent.

Offense: The team that has possession of the ball.

Defense: The team that is protecting their goal, from their opponents.

Dribble: Using your feet to move the ball forward down field.

Trap: Using your body to stop the ball.

Header: Using your head to stop or change direction of the ball.



5th Grade Soccer Quiz

Please fill in the correct term. Use the word bank below:

Word bank: Defensive, Header, Trapping, Defender Blocking, Dribbling, Midfielder, Scoring, Offensive, Forward

The team that is in possession of the ball is the :

Stopping or slowing down the ball with your foot :

Stopping progress of the ball with some part of the body :

The team that is defending its goal :

Directing the ball with the use of your head :

Using your feet to advance the ball :

Player that is in the defense position:

Primary task is to score goals:

Works both offense and defense:

Describe a goal kick :

Describe a corner kick :

Describe the start of the game :

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