

Gym Shorts

1st Grading Period

By: Mrs. O. Arthur
Physical Education Teacher

Kindergarten, 1st and 2nd Grade Physical Education

Classes enter to exercise spaces. Exercises- jumpers, touchers, pushers, stretchers and jogging are led by a weekly captain. The units and skills practiced this grading period were: soccer- dribble, trap and pass; locomotor skills- walk, squat, jump gallop, slide, hop, skip, run and leap; non-locomotor skills- bend, stretch, rise, fall, push, pull, dodge, twist, turn and swing. All skills are followed by an activity. A certificate is given to all students after each unit.

3rd and 4th Grade Physical Education

Classes enter to exercise spaces. Exercises- jumping jacks, toe risers, push-ups, crunchers and jumping rope are led by a weekly captain. The units and skills introduced this grading period were: ball games- pillo-polo and scooter hockey/soccer; soccer- dribble, trap and pass; football- passing and receiving. Skills are practiced and games are played.

5th and 6th Grade Physical Education

Classes enter to exercise spaces. Exercises- jumping jacks, toe risers, push-ups, crunchers and jumping rope are led by a weekly captain. The units and skills introduced this grading period were: physical fitness- push-ups, sit-ups, pull-ups, indoor dash, shuttle run and standing broad jump; soccer- dribble, trap and pass; football- passing and receiving. Skills are practiced and tournaments are played. For tournament play each team must choose a professional sports team name relating to that sport. A record is kept of W-L-T for each sport. Teams chosen for soccer were: 5th grade- LA Galaxy, Philadelphia Union, Chicago Fire, Columbus Crew, San Jose Earthquakes, Colorado Rapids, New York Red Bulls and New England Revolution; 6th grade-, LA Galaxy, DC United, Columbus Crew, Toronto FC, Chicago Fire, New York Red Bulls, Montreal Impact and Vancouver White Caps. Teams chosen for football were: 5th grade- Pittsburgh Steelers, Cleveland Browns, Miami Dolphins, NY Giants, Oakland Raiders, New England Patriots, New Orleans Saints, Atlanta Falcons and San Francisco 49ers; 6th

grade- Pittsburgh Steelers, NY Jets, Miami Dolphins, NY Giants, San Francisco 49ers; Jacksonville Jaguars, Arizona Cardinals and New England Patriots.



Physical Education Expectations

1. Be Respectful
 - Quiet while others are speaking
 - Follow classroom rules and directions
2. Be Responsible
 - Keep hands, feet, and objects to yourself
 - Use equipment and materials properly
3. Be Ready To Work
 - Come to class prepared
 - Participate to the best of your ability

Reward

Homeruns are earned by each class. When 25 homeruns are earned a free day is awarded for the next Physical Education class. Choice of activity by class.

A few reminders:

1. Pack tennis shoes in book bag if unable to wear to class.
2. Please send a note to class if the child is not participating in Phys. Ed. Class.
Send a Doctor's excuse for extended absence from class.
3. School discipline policy in use.
4. No chewing gum.

Sports Report

Some interesting sports news read during the first minute of class:

1. Tokyo, Japan won the Little League World Series.
2. Indiana Fever the WNBA Champions.
4. Congratulations Riverview Girls Volleyball for making the WPIAL Play-offs.
4. Congratulations Riverview Boys and Girls Soccer for making the WPIAL Play-offs.

WHAT'S ON DECK

Kindergarten–ball games, winter relays, mats, exploratories.

1st Grade – ball games, winter relays, mats, exploratories.

2nd Grade – games from other countries, relays, small apparatus, exploratories.

3rd Grade – ball games, basketball, hoop shoot contest, gymnastics, floor hockey.

4th Grade – ball games, basketball, hoop shoot contest, gymnastics, floor hockey.

5th Grade – ball games, basketball, hoop shoot contest, obstacle course, floor hockey.

6th Grade – ball games, basketball, hoop shoot contest, obstacle course, floor hockey.