

**Course: Physical Education Elementary**  
**Instructor: Amy Barnes**

## **Instructional Plan**

### **Course Content Description Template**

Provide a brief overview of the course content, including key topics and themes covered throughout the course.

This course will focus on developing fundamental movement skills, promote physical fitness, and foster positive attitudes towards physical activity.

#### **MOVEMENT SKILLS**

- Locomotor skills
- Non-locomotor skills
- Manipulative skills

#### **FITNESS CONCEPTS**

- Cardiovascular health
- Strength
- Flexibility
- Nutrition
- Balance and coordination

#### **SOCIAL/EMOTIONAL SKILLS**

- Teamwork
- Communication
- Self-regulation
- Sportsmanship

#### **ACTIVITIES**

- Games
- Movement and fitness activities
- Skill-based activities
- Jump rope
- Scooters

#### **OTHER IMPORTANT ASPECTS**

- Safety awareness
- Proper use of equipment
- Following directions
- Participation
- Goal setting

**Major Assignments and Projects Template**

List the major assignments and projects for the course, including their purpose and any relevant deadlines or evaluation criteria.

3-5 graders will complete a Fitness Gram; this is a comprehensive, health related fitness assessment designed to promote lifelong physical activity. This assessment will be given to each student and will include; a mile run, curl ups, pushups, back saver, sit and reach, and shoulder stretch. This assessment does not compare students against each other, but allows them to understand their own fitness levels and set personalized goals. This assessment has standards that are set by the Cooper Institute. We must have this assessment completed by May 20, 2026.

Pre K-5th grade will participate in the American Heart Association Jump Rope for Heart. During this time we will focus on whole body well being, and help students improve their own health and better their character. Each student is given the opportunity to learn hands-only CPR and raise money to donate to the American Heart Association which in turn donates to our physical education account. We have a celebration for parents to attend; awards are given and jump rope skills are performed.

**Required Textbooks and Instructional Materials Template**

List the textbooks and other instructional materials required for the course, including authors, publication dates, and any additional resources needed for successful completion.

At this time there are not any required textbooks for physical education.