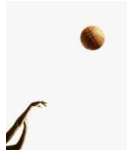


PHYSICAL EDUCATION (2nd Marking Period)



Ms. Spillman,

Pre-k/ Kindergarten

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- move in relationship to a stationary object (i.e. over/under, on/off, near/far, in front/behind) and in response to a signal.
- understand the relationships with body parts and the effects of exercise on the body.
- toss a variety of objects using an underhand motion to self or to a stationary target.
- demonstrate the proper cues for throwing an object using an underhand motion.
- demonstrate the proper cues for catching an object that is thrown underhand.

Grade 1

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- understand how exercise affects the body (heart, lungs, and skin)
- throw a variety of objects using an underhand motion to self, to a stationary target, or to a partner.
- demonstrate the proper cues for throwing an object using an underhand motion.
- demonstrate the proper cues for catching an object that is thrown underhand.
- perform the non-locomotor movements of bending, pulling, stretching, twisting, turning, pushing, swinging and lifting to a signal or music.
- demonstrate an understanding of relationship to self (wide, narrow, round, twisted).

Grade 2

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- understand how exercise effects the body (heart, lungs, and skin)
- throw a variety of objects using both an underhand motion and an overhand motion to a stationary target or a partner..
- demonstrate the proper cues for throwing an object using an underhand motion and an overhand motion.
- demonstrate the proper cues for catching an object that is thrown underhand or overhand.
- perform the non-locomotor movements of bending, pulling, stretching, twisting, turning, pushing, swinging and lifting to a signal or music.

Grade 3

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- demonstrate the proper cues for overhand throwing and catching using a variety of objects.
- demonstrate the proper cues for bumping, setting, and underhand serving a lightweight volleyball.
- analyze personal fitness data and set realistic, achievable goals.

Grade 4

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- demonstrate the proper cues for overhand throwing and catching using a variety of objects.
- demonstrate the proper cues for bumping, setting, and overhand/underhand serving a lightweight volleyball.
- analyze personal fitness data and set realistic, achievable goals.

Grade 5

The student will be able to:

- work independently and cooperatively with others in a variety of situations.
- demonstrate the proper cues for overhand throwing and catching using a variety of objects.
- demonstrate the proper cues for bumping, setting, and overhand/underhand serving a lightweight volleyball.
- analyze personal fitness data and set realistic, achievable goals.

Please look at the daily schedule below to make sure that your child is prepared for activity (i.e. socks and sneakers) on their physical education day. If for any reason your child needs to be excused from physical activity for more than one class period, please have your physician fill out MCPS Form 345-22. Copies of this form can also be obtained from Ms. Spillman or Mrs. Greene.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Plotkin</i>	<i>Plotkin</i>	<i>CookHood</i>	<i>Brew</i>	<i>Dankmyer</i>
<i>Grajkowska</i>	<i>Sellman</i>	<i>Reibman</i>	<i>Chite</i>	<i>Keller</i>
<i>DaSilva</i>	<i>Heizer</i>	<i>Baez</i>	<i>Fysh</i>	<i>Quay</i>
<i>McArdell</i>	<i>Shin</i>	<i>Salterelli</i>	<i>Hawkins</i>	<i>Jakobsen</i>

<i>Starek</i>	<i>Ewing</i>	<i>Stark</i>	<i>Byrne-Barrett</i>	
<i>Lillie</i>	<i>Russo</i>	<i>O'Connor</i>		
<i>Bunge</i>				