

# Physical Education for Grades 5-8

I am excited to begin my second year of teaching at Good Shepherd Catholic School. In addition to teaching middle school math in 2009-2010, I will also be teaching physical education for 5<sup>th</sup> through 8<sup>th</sup> grades.

Physical education can be defined as “a course which promotes physical activity and various sports. The intent is generally to promote fitness and health, as well as the benefits of team-building, teamwork, sportsmanship, and fair play.”

([http://www.wordiq.com/definition/Physical\\_education](http://www.wordiq.com/definition/Physical_education)).

The California Content Standards for Physical Education state that students are to understand physical education in these five areas:

- Movement
- Motor skills
- Physical activity
- Psychological and sociological concepts
- Health

To read the complete California Content Standards Framework in pdf go to:

<http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>

This year, I will be working from these standards. Students will be setting short-term personal fitness goals to be met by the end of each trimester. Within those goals, each student will work on 3-4 individual tasks. I set it up this way to remind each student that he/she has unique abilities even in terms of physical prowess. The class is about a student's personal best and they will be reminded daily that physical activity is essential for the health of mind and body.

All students in 5<sup>th</sup>-8<sup>th</sup> grade will be participating in the training for the Presidential Fitness Test, and each student will set individual long term goals for the year. However, students will also have the opportunity to work toward awards in The Active Lifestyle Program and/or The Presidential Champions Program. For more information please visit

[http://www.presidentschallenge.org/educators/program\\_details/presidential\\_champions.aspx](http://www.presidentschallenge.org/educators/program_details/presidential_champions.aspx)

In addition to the fitness aspect of P.E., each class will also be revisiting the rules for playing sports as well as sportsmanship. This will be taught through team building activities and practice. There will also be activities incorporated into the curriculum for students to practice skills for seasonal sports.

Nutrition and kinesiology will be woven into the physical education curriculum. Students will be learning about the food pyramid, reading labels on food boxes, and some disorders and diseases linked to foods. Students will also become familiar with the major bones and muscles in the human body.

Students will be assessed based on effort/attitude, quizzes, skill tests, and appropriate dress for physical education.

If you have any questions or concerns please contact me.

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Sincerely,  
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