

Elementary Physical Education

Virtual Syllabus

Oak Grove Elementary School

Dawn Turpin-Orgetas- Grades K-6th



The NYS Physical Education Virtual Curriculum is designed to provide students with the knowledge, confidence, skills, and motivation to lead physically active and physically fit lives. Physical Education makes an important contribution to the education of the whole child. In addition to developing physical skills, group and individual activities in the program provide opportunities to acquire and demonstrate social skills, cooperative skills, strong work habits, respect for others and for you. Physical Education in the WCSD is a sequential education program based on physical activities experienced in an active and supportive environment where every student is challenged and successful.

There are six learning standards for NYS Physical Education:

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.

Standard 6: Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness.

WCSD Physical Education Virtual Outcomes

Students will be able to:

1. apply physical education to life.
2. demonstrate good sportsmanship with siblings and caregivers.
3. move to a rhythm.
4. demonstrate competency in many movement forms.
5. demonstrate beginner level techniques of catching, throwing, kicking, rolling, and bouncing (eye- hand, eye-foot coordination)
6. demonstrate locomotor and non-locomotor patterns and balance and to be able to demonstrate complex locomotor patterns, balance, and movement skills
7. demonstrate a positive attitude toward participation in a physical activity and maintaining personal health.
8. possess an awareness and respect for individual and multicultural differences.
9. demonstrate knowledge and skills which better enable participation in group and team activities, team sports.
10. demonstrate knowledge and skills associated with stranger danger and personal safety.



Textbook, handbook(s) and other resources

Kids Youtube channels, OPEN source, pedometers/fitbit, google slideshows, documents, google classroom, Dynamic Physical Education Curriculum Guide: Lesson Plans, by Robert P. Pangrazi

Grading procedures

The physical education grade is **50%** determined by participation in **live** class activities and **50%** tracking activities at home showing progress in age appropriate skills, positive behavior and effort, as well as the assessments completed in the google classroom to demonstrate knowledge of wellness and fitness concepts.

4=Meets the Standards with Distinction (90-100%)

3=Meets the Standards (80-89%)

2=Developing Skills to Meet Standards (70-79%)

1=Does Not Meet the Standards (69 and below)

N=Not Applicable

Virtual Classroom expectations and procedures

Students are expected to be **live** on PE days, camera on, audio off (**know how to mute their microphone**), give their best effort, follow directions, exhibit listening skills, follow rules during an activity, display good sportsmanship, behave respectfully towards others, and arrive appropriately prepared for **virtual** class. If the rules of physical education class are broken, the consequences may include, verbal warning, time out of play, writing assignment, and/or contacting parents.

Activities/projects unique to this class

Activities and projects are designed to reflect the New York State standards with the integration of the Common Core Standards and will vary based on grade level outcomes. Students will have the opportunity to participate in community projects and fundraising projects - i.e. Kids Heart Challenge, 10-Day Walking Challenge, **Virtual** Stack-up challenge, and Mileage Club.

Recommended/required materials for class

What should your child wear to class?

1. Sneakers-flat rubber soled only
2. Clothing- loose fitting clothing appropriate for activity
3. Jewelry- only stud earrings may be worn during activity *No watches, necklaces, bracelets, rings, etc...
4. Hair- long hair should be secured back with small clips or bands

What should your child bring to virtual class?

1. Water bottle
2. Exercise mat/carpet/towel
3. Weights (2 pound/5 pound/cans of soup)
4. Ball (rolled up sock ball, soccer/basketball/soft ball/bouncy ball)
5. Laundry basket/box
6. Notebook/paper/pencil to keep track of exercise log/game activity/etc

Teacher: **Dawn Turpin-Orgetas**

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