

Physical Education

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Physical Education

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Physical Education Program

The Physical Education Program at Cromwell Valley Elementary School is planned and conducted on the premise that physical activity is a basic human need, and that all human beings can, and do, benefit from active participation in meaningful physical activity. The aim of the program is to engage students in a well balanced program of activities organized around the major components of:

- Fundamental movement skills;
- Sport skills;
- Physical fitness;
- Adventure Education.

Primary Program

The primary program (K-2) emphasizes the development of Fundamental Movement Skills through games and activities that utilize a variety of manipulative equipment (bean bags, balls, ropes, hoops, etc.)

Kindergarten: The focus is on skill development in body and spatial awareness, fundamental and creative movement, basic skills and low organized games. Students also learn to cooperate with others by taking turns and sharing equipment, as well as understanding basic safety rules.

Grade 1: The focus is on skill development in fundamental movement, individual, partner, and group activities, physical fitness activities, and basic skills and games. Students learn basic safety rules while moving and using equipment, and are expected to cooperate and show respect for others.

Grade 2: The focus is on skill development in individual, partner, and small group activities, physical fitness, and basic skills and games. Students practice and improve basic skills, such as throwing and catching, and begin to understand the value of exercise and physical activity.

Intermediate Program

Physical Fitness and Sport Skill development are emphasized in the intermediate (3-5) program through activities and games based on traditional sports played in this country and around the world, as well as several non-traditional activities.

Grade 3: The focus is on skill development in individual, partner, and small group activities, physical fitness activities, and basic skills and games. Students work to refine motor skills for safe participation in modified sport activities, learn to identify behaviors, attitudes and activities fundamental to physical fitness and a healthy lifestyle, and are expected to interact cooperatively with peers.

Grade 4: The focus is on skill development in individual, partner, and small group activities, physical fitness, and basic skills and games. Students participate in a variety of sport and fitness activities, demonstrate knowledge of fitness concepts, and develop personal skills that nurture cooperation and sportsmanship in game play.

Grade 5: The focus is on skill development in individual, partner, and group activities, physical fitness, and basic skills and games. Students work to refine basic skills to participate successfully in a variety of sports and games, are able to identify health and skill related components of fitness, and develop positive attitudes related to physical activity and fitness.

FITNESSGRAM

FITNESSGRAM is a tool that helps assess a young person's fitness level and identifies ways to improve fitness and health. FITNESSGRAM was designed to promote enjoyable, regular physical activity and provide comprehensive physical fitness and activity assessments and reporting programs for children and young adults. The FITNESSGRAM was developed by the Cooper Institute for Aerobics Research and is endorsed by The American Alliance for Health, Physical Education, Recreation and Dance, as well as the Office of Physical Education for Baltimore County Schools. All 4th & 5th grade students at Cromwell Valley participate in the FITNESSGRAM each year.

Adventure Education

Adventure Education is a term used to describe programs which emerged out of the Outward Bound and Project Adventure approach to education. Many Adventure Education programs include a component known as a *Ropes Course*. A *Ropes Course* is a series of obstacles or problems that are designed to challenge an individual's and/or group's physical, mental, and sometimes emotional resources. These obstacles are made from a variety of ropes, ladders, cargo nets, swings, and tires, on which participants climb, balance, jump, crawl, swing, and problem-solve. Cromwell Valley's "Adventure Gym" is an indoor version of the *Ropes Course* component, modified for elementary aged children. An indoor rock climbing wall is a unique and popular component in our Adventure Gym experience at Cromwell Valley. All grade levels are included in the Adventure Education program appropriate for their respective levels of development.

Grading

Grading in Physical Education is based on performance in the following areas:

- Preparation: which requires students to wear tennis shoes and clothes that they can play in to each class;
- Participation: students are to participate to the best of their ability in all planned activities (unless legally excused for illness or injury – note for excuse required);
- Skill Development: practice to improve a variety of skills fundamental to the safe and successful participation in games and sports;
- Physical Fitness: achieve levels of "health-related" fitness (grades 4 & 5);
- Attitude and Behavior: follow basic safety rules and demonstrate respect for people and equipment.

Student Expectations

All students grades K-5 are expected to comply with the following:

1. Wear tennis shoes and clothes they can play in to each and every class regardless of weather, field trips, special programs, etc.
2. Participate to the best of their ability in all planned activities each and every class. To be legally excused from participation students need a written note from a parent or guardian for "short term" excuse, and a note from a physician for a "long term" excuse.
3. Observe rules for safe participation in all activities and games, and demonstrate respect for equipment and people (including peers as well as adults).