

Physical Education Update - August to October 2023

Dear Parents and Guardians,

We hope this newsletter finds you well and that your child is settling into the new school year at Snowden Farm Elementary School. We are excited to share important information about our Physical Education program for the upcoming months, covering K through 2nd Grade.

### **Overall Themes**

During the first marking period of the 2023 school year, our Physical Education program at Snowden Farm ES will focus on several key themes that are essential for your child's development:

#### **Following Directions and Responsibility**

- Follows directions in a group setting.
- Responds to signals when transitioning from one activity to another.
- Follows directions and classroom routines.
- Acknowledges responsibility for behavior when prompted.
- Accepts personal responsibility by using equipment and space appropriately.
- Follows the rules and parameters of the learning environment.

#### **Skill Development and Enjoyment**

- Practices skills with minimal teacher prompting.
- Accepts responsibility for class protocols with behavior and performance actions.
- Recognizes that physical activity can be fun and enjoyable.
- Recognizes that physical activity is important for good health.
- Identifies physical activity as a component of good health.
- Recognizes the value of good health balance.

Here's an overview of the activities and skills your child will be working on during this marking period:

### **Kindergarten**

- Demonstrates hopping, galloping, jogging, running, and sliding using a mature pattern.
- Demonstrates skipping using a mature pattern.

### **1st Grade**

- Demonstrates jogging for a variety of distances using a mature pattern.
- Identifies personal space.
- Identifies general space.
- Differentiates between movement in personal and general space.
- Moves in personal and general space in response to designated beats or rhythms.
- Combines locomotor skills in general space to a rhythm.
- Moves in personal space to a rhythm.

### **2nd Grade**

- Travels forward and sideways while changing directions quickly in response to a signal.
- Identifies three pathways (straight, curved, and zigzag).
- Demonstrates the relationship of over, under, through, behind, next to, right, left, up, down, forward, backward, and in front of by using the body and/or objects.
- Travels in three different pathways (Straight, curved, zigzag).
- Travels in general space with different speeds.
- Travels while demonstrating low, middle, and high levels.
- Travels while demonstrating a variety of relationships with objects.
- Differentiates between fast and slow speeds.
- Travels showing differentiation between jogging and sprinting.
- Combines shapes, levels, and pathways into simple travel sequences.

### **Weeks 1-3 grades 3, 4, and 5**

- Leaps using a mature pattern.
- Travels while showing differentiation between sprinting and running.
- Performs a teacher-led sequence of locomotor skills, transitioning from one skill to another smoothly and without hesitation.
- Demonstrates various locomotor skills in a variety of small-sided practice tasks.
- Runs for distance using a mature pattern.
- Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks.
- Combines locomotor and manipulative skills in a variety of small-sided practice tasks/game environments.
- Uses appropriate pacing for a variety of running distances.
- Applies the movement concepts of speed, endurance, and pacing for running.
- Applies simple offensive strategies and tactics in chasing and fleeing activities.
- Applies simple defensive strategies and tactics in chasing and fleeing activities.
- Recognizes locomotor skills specific to a wide variety of physical activities.
- Applies simple strategies and tactics in chasing and fleeing activities.
- Combines spatial concepts with locomotor and non-locomotor movements for small groups in game environments.

### **Weeks 4-6 grades 3, 4, and 5**

- Dribbles with the feet and travels in general space at slow to moderate jogging speed with control of the ball and body.
- Passes and receives the ball with the inside of the foot to a stationary partner, giving on reception before returning the pass.
- Dribbles with feet in general space with control of ball and body while increasing and decreasing speed.
- Passes and receives a ball with the insides of the foot to a moving partner in a non-dynamic environment.
- Passes and receives a ball with the outsides and insides of the feet to a stationary partner.
- Dribbles with feet in combination with other skills.
- Combines foot dribbling with 1v1 practice tasks.

- Passes with feet using a mature pattern as both partners travel.
- Receives a pass with the foot using a mature pattern as both partners travel.
- Dribbles with feet with a mature pattern in a variety of small-sided game forms.
- Demonstrates a mature pattern in kicking and punting in small-sided practice task environments.
- Approaches and kicks a stationary ball for accuracy while demonstrating most of the critical elements.
- Recognizes the concept of open spaces in a movement context.
- Dribbles in general space with changes in direction and speed.
- Recognizes the types of kicks needed for different games and sport situations.
- Combines movement concepts with skills in small-sided practice tasks with self-direction.

### **Weeks 7-9 grades 3, 4, and 5**

- Striking with a long-handled implement becomes a developmentally appropriate practice for assessment beginning in 4th grade. Can be taught for exposure here.
- Combines traveling with manipulative skills of dribbling and striking (with a long-handled implement) with a partner in teacher and/or student-designed small-sided practice tasks.
- Combines traveling with the manipulative skills dribbling, throwing, catching, and striking in teacher-and/or student-designed small-sided practice-task environments.
- Combines traveling with manipulative skills of dribbling, throwing, catching, and striking with a group in teacher-and/or student-designed small-sided practice tasks.
- Combines striking with a long-handled implement with receiving and traveling skills in a small-sided game.
- Combines manipulative skills and traveling for execution to a target.
- Applies the concept of closing spaces in small-sided practice tasks.
- Combines movement concepts with small-sided practice tasks.
- Analyzes movement situations and applies movement concepts in small-sided practice tasks in game environments.

We are dedicated to providing a well-rounded and engaging Physical Education program for your child. If you have any questions or concerns, please feel free to reach out to Mr. Benco or the school office.

Thank you for your continued support in promoting the importance of physical activity and a healthy lifestyle. An upcoming event to make mention of is that we will be having our annual Kids Heart Challenge in **February of 2024**. Additional information will be provided as we get closer to the date.

Sincerely,

Mr. Benco/Mr. LaRocca

Physical Education Teachers, Snowden Farm Elementary School

[thomas\\_m\\_benco@mcpsmd.org](mailto:thomas_m_benco@mcpsmd.org)