

# Physical Education: Grades 5-8

Back to School Night

Woodside School District

## Course Description:

The Woodside physical education program consists of developmentally appropriate lessons with activities that are in alignment with the *California State Content Standards*. The courses are designed to create maximum opportunities for development of skills, knowledge, health-related fitness and ultimately, the confidence to enjoy an active healthy lifestyle. This course will help you develop habits for lifetime of fitness and health. We will focus on cooperation, respect, communication, trust, and fun.

At Woodside, we provide a diverse physical education program that includes cooperative activities, non-traditional games, and movement & rhythms suited to the capacities and limitations of all students. We emphasize the physical, cognitive, social, and emotional development of all students.

## California Physical Education Content Standards:

Grades K – 8

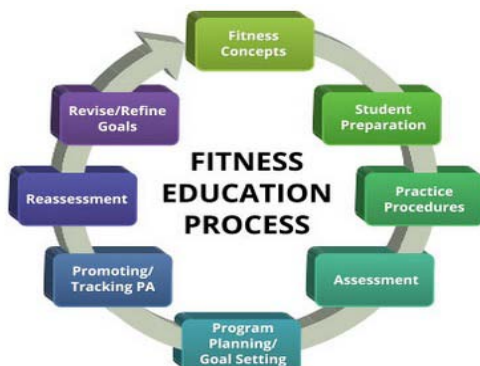
**Standard 1:** *Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.*

**Standard 2:** *Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.*







**Standard 3:** *Assess and maintain a level of physical fitness to improve health and performance.*

**Standard 4:** *Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.*

**Standard 5:** *Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity*



## Tidbits for Success:

-  Students are always encouraged to do their best! PE is a safe place for students to take appropriate risks and learn from their mistakes.
-  I am available during recess and lunch to help students as needed. It is important that students seek help when necessary.
-  For detailed information about the PE course, please view my web page. I will also post homework on my web page. Additionally, parents can view PowerSchool to check their child's progress.
-  All students will be issued a PE composition book where all written work will be compiled. It will be checked and graded periodically.
-  Students should be ready for vigorous activity, critical thinking, record keeping, and positive social interactions during every class period.
-  Make sure your son or daughter has proper fitting athletic shoes and appropriate clothing for vigorous activity.

## Vision Statement:

I believe the quality and productivity of each individual's life is enhanced through participation in a comprehensive physical education program that promotes the optimal growth and development in their physical, mental, emotional, and social well-being. A developmentally appropriate physical education program empowers students to make wise choices, meet challenges, and exhibit positive behaviors in lifelong fitness and movement activity.

## Information:

I am happy to speak with you should you have any questions or concerns.

James Haddon

e-mail: [jhaddon@woodsideschool.us](mailto:jhaddon@woodsideschool.us)

phone: (650) 851-1571 ext. 7003

Take a look at my webpage for more information!

I look forward to a great school year!

## Student Assessment & Grading Policy:

The grades earned in physical education reflect student progress towards the standards: (motor skills, movement concepts, physical fitness, fitness concepts, sociological concepts).

Students' progress towards the California Physical Education Content Standards will be demonstrated through structured observations, journals, logs, test questions, projects, essays, and portfolios. Clear detailed rubrics will be used to help students maximize performances. All students' work will be compiled into their personal composition book portfolio. Grades will be calculated using a total points system and each gradable item will be assigned a point value based on its importance, length, and complexity. Grades will be posted on Powerschool and updated weekly.

### Academic Grade Rubric

	Exceeds the Standard	Meets the Standard	Approaching the Standard	Beginning the Standard
<b>Rubric Score:</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>STANDARD 1:</b> Movement Skills	Student <b>clearly and consistently</b> demonstrates all critical elements of the skill. <i>Developing consistently &amp; independently.</i>	Student <b>usually</b> demonstrates critical elements of the skill. <i>Developing with moderate teacher or peer support.</i>	Student <b>sometimes</b> demonstrates critical elements of the skill. <i>Needs more time to develop or requires considerable teacher guidance.</i>	Student demonstrates <b>minimal or no</b> critical elements of the skill. <i>Movements are inconsistent &amp; unreliable.</i>
<b>STANDARD 2:</b> Movement Knowledge	Student <b>clearly and consistently</b> demonstrates concept knowledge.	Student <b>demonstrates</b> concept knowledge.	Student demonstrates <b>some</b> evidence of concept knowledge.	Student demonstrates <b>little or no</b> evidence of concept knowledge.
<b>STANDARD 3:</b> Fitness Skills	Student <b>clearly and consistently</b> demonstrates all critical elements of the skill. <i>Developing consistently &amp; independently.</i>	Student <b>usually</b> demonstrates critical elements of the skill. <i>Developing with moderate teacher or peer support.</i>	Student <b>sometimes</b> demonstrates critical elements of the skill. <i>Needs more time to develop or requires considerable teacher guidance.</i>	Student demonstrates <b>minimal or no</b> critical elements of the skill. <i>Movements are inconsistent &amp; unreliable.</i>
<b>STANDARD 4:</b> Fitness Knowledge	Student <b>clearly and consistently</b> demonstrates concept knowledge.	Student <b>demonstrates</b> concept knowledge.	Student demonstrates <b>some</b> evidence of concept knowledge.	Student demonstrates <b>little or no</b> evidence of concept knowledge.
<b>STANDARD 5:</b> Personal & Social Skill Application in Activity	Student exhibits behaviors that are <b>focused</b> on the task, works continually without intervention by the teacher, and is <b>helpful</b> to classmates as needed.	Student exhibits behaviors that are <b>focused</b> on the task and works continually without intervention by the teacher,	At times the student exhibits behaviors that are <b>off-task</b> . Needs frequent reminders to stay focused on his or her work.	Student exhibits behaviors that <b>prevent him or her from learning</b> .

### Standard Academic Grading Scale

<b>A</b>	<b>90 – 100%</b>	<b>4.0</b>
<b>B</b>	<b>80 – 89%</b>	<b>3.0</b>
<b>C</b>	<b>70 - 79%</b>	<b>2.0</b>
<b>D</b>	<b>60 - 69%</b>	<b>1.0</b>
<b>F</b>	<b>Below 60%</b>	<b>0.0</b>