

Wintergreen Primary Physical Education

Teachers:

Lee Nicholson

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Why do we teach PE at WGP?

Teaching PE in primary schools encourages students to become more actively involved in sports, fitness and to maintain a healthy lifestyle.



P. E. Rules

Rules for P.E.

1. Enter gym quietly.
2. Listen to and follow directions.
3. Use equipment as instructed.
4. Respect others and their space.
5. Move safely.

P.E. DISCIPLINE PROCEDURES

1. Verbal Warnings (2)
2. Time-out in P. E. to calm down and/or think;
(a) 5-10 minutes,
(b) remainder of period
3. Send Encore Behavioral Notice Home
4. Send 2nd Encore Behavioral Notice Home and Contact Parents
5. Discipline Referral sent to Office



Goals of our P. E. Program!

- The main focus is to get kids moving.
- 95% of the time they spend in class they should be physically active.
- Teach the skills that are the basis of all lifetime activities.

“If a child finds an activity they enjoy, they are more likely to continue this activity as an adult.”

Components of our P. E. Program

- Physical Activity
- Health and Assessments
- Fundraising



Physical Activity

- Teach the basics of moving through Personal and General Space
- Five primary Locomotor Skills:
 - Hop, Jump, Gallop, Slide, Skip
- Small and Large Group Games
- Field Day



Health and Assessments

- Fitness Testing twice a year
- Teach Jump Roping Skills and count all students four times during the year
- Basketball Skills Testing



Fundraising

JUMP ROPE FOR HEART

“The American Heart Association’s Jump Rope for Heart drive has taught children across the nation the importance of exercise for more than 30 years.”

