

J.E. COSGRIFF MEMORIAL CATHOLIC SCHOOL
PHYSICAL EDUCATION PRIMARY GRADE LEVEL (K-3rd)

Curricula and Programs

1. Utah State Core
2. President's Fitness Challenge (www.presidentschallenge.org)
3. Gold Medal Schools (www.hearhighway.org)
4. SPARK

Learning Objectives

1. Respect similarities and differences in others.
2. Treat others with kindness and fairness.
3. Follow classroom and school rules.
4. Include others in learning and play activities.
5. Participate with others when making decisions and solving problems.
6. Respect physical similarities and differences in self and others.
7. Learn proper care of the body for health and fitness.
8. Develop knowledge that enhances participation in physical activities.
9. Display persistence in learning motor skills and developing fitness.
10. Use physical activity for self-expression.

Rules

1. Listen and follow directions
2. Keep all body parts to yourself
3. Respect others and equipment

Positive Consequences

1. Live an active and healthy lifestyle
2. Increase knowledge and related skills
3. Develop personal and social skills

Negative Consequences

1. Verbal Warning
2. Time Out or Penalty Box (Approx. 1-2 min)
3. Principal-Parent notification

Grading- Each student may earn 10 points per class time. Using a positive attitude, following gym rules, showing improvement in personal skills and strength merits a full 10 points. My grading system is on a point's earned/possible basis.

Remember, scientists are learning more every day of the relationship between mind and body. It may serve us well to remember the philosophy of the ancient Greeks:

A THOUGHT TO LIVE BY

“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth becomes useless, and reason become powerless.”

Herophilus, 300 B.C.

