

Term Summary

The Primary Physical Education program at Weymouth Public Schools is facilitated by Massachusetts State certified Physical Education teachers and based on National Association for Sport and Physical Education (NASPE) guidelines and standards.

Students meet once per week for thirty minutes with their Certified Physical Education Instructor. The lesson is divided into three segments: Physical Fitness, Skill Practice, and Games/Activities, which utilize the skill(s) learned.



GRADE ONE

Our primary objectives were to develop physical and social skills, encourage enjoyment of physical activities, and to participate in physical fitness while appreciating the many benefits it offers. During Term One, students were introduced to cooperative games, spatial awareness, eye-foot coordination, locomotor patterns, pathways, sequencing and levels.



GRADE TWO

We reviewed movement fundamentals, eye-hand coordination, sequencing, levels and ball-handling skills. We incorporated these skills into a game setting. A major portion of our Term One curriculum focused on cooperative play.



GRADE THREE

During Term One, we continued our focus and review of movement fundamentals, eye-hand coordination cooperative games, and, ball-handling skills. Students were held to a higher level of accountability and responsibility when following directions, interacting with others, learning responsible behavior, and problem-solving within a small group environment.



GRADE FOUR

Students were encouraged to refine and implement the skills learned and fully demonstrate physical competency in individual and/or team sports. In Term One; students worked on cooperative games, eye-foot and eye-hand coordination, and fitness concepts.

Please visit our website at:

<http://teacherweb.com/ma/weymouthschools/nancyschuhwerk>

for more program information!