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Corte Madera Physical Education 2007/2008 Curriculum Guide

Philosophy

The philosophy of the Physical Education staff is to help every child develop a lifelong commitment to fitness by imparting knowledge, skills, and confidence each student needs to engage in a physically active and healthy lifestyle. Activities are designed to challenge each individual's abilities and provide a positive, secure atmosphere for learning.

Curriculum

(Units & dates of instruction are subject to change)

- *August 27-Sept 14-Orientation/Establishing Learning Environment
- *Sept. 17-Sept 28-Pre-Fitness Testing
- *Oct 1-12-Pickleball
- *Oct 15-Oct 26-Team Handball/Rugby/Tchoukball
- *Oct 29-Nov 9-Badminton
- *Nov 12-Nov 30-Golf
- *Dec 3-Dec14-Self Defense/Wrestling/Combatives
- *Dec 17-Jan 11-Cricket/Over the Line
- *Jan 14-Jan 25-Dance
- *Jan 28-Feb 1-CPR
- *Feb 4-Feb 15-International Games (Ringo, Takraw)
- *Feb 25-Mar 7-Bleachball/Speedminton
- *Mar 10-Mar 21-Dance
- *Mar 24-Apr 4-Hockey
- *Apr 7-Apr 25-Fitness Testing
- *Apr 28-May 9-Archery
- *May 12-May 23-Kinball/Circus Skills
- *May 27-June 6-Country Club Games
- *June 9-June 13-Variety

Grading Policy (6-8th Grade)

- 34% Participation
- 33% Written/Skill
- 33% Personal/Social Responsibility (Levels of Behavior)

Grading Policy (4th and 5 Grade)

Students will be evaluated as either emerging, developing, proficient, or advanced in the following standards:

- Motor skills & knowledge.
- Physical fitness.
- Personal and social behavior

(OVER)

Attendance Policy

All absences and medical excuses must be made up. If a student is going to be unable to participate, a parent note is valid for the first 3 days. If the child is going to be unable to participate for more than 3 days at a time, a doctor’s note is required. Students are still responsible for making up the lost participation points on the days missed. The students are responsible for choosing an activity outside of school time and having their parents sign off.

In order to receive participation points for the missed day, the student must choose an activity that includes 30 minutes of exercise per missed class. The following are examples of appropriate activities; jogging/walking on the treadmill, riding your bicycle or stationary bike, hiking, playing a sport, rock climbing, rollerblading, swimming, etc.

- Forms are available online & in the foyer of the gym.
- Students have 2 weeks to makeup missed work.

Pride Recognition Program

Students per class will be chosen every unit to be recognized as exemplifying these traits and will be recognized in a special way.

- **P** - Positive Attitude
- **R** - Respect/Responsibility
- **I** - Improvement
- **D** - Doing rather than watching
- **E** - Enthusiasm

Conditioning/Fitness

- Running Program - Monday, Wednesday (Mile), & Friday
- Strength/Flexibility - Tuesday & Thursday

Student Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

***Please list any **health concerns** (In addition to listing, please feel free to call and discuss more serious concerns):

This form must be signed and returned to your Physical Education teacher on your next class period. Additional forms will be available to view on the PE website under units of instruction.