

## Lakeside Elementary School

### Physical Education

Lakeside's Physical Education program is designed to help students enjoy physical activity and recognize the benefits of staying fit for life. California State Physical Education Standards\* recommend that P.E. classes should engage students in moderate to vigorous physical activity at least 50% of class time; our goal is 95%!

During our twice-weekly P.E. classes, students work to increase their skills in the following areas:

- Aerobic Conditioning
- Ball handling: catching, throwing, passing, dribbling, striking, kicking
- Jumproping
- Flexibility/Stretching
- Developing strength (primarily upper body and core)
- Age-appropriate skills for basketball, soccer, kickball, volleyball, softball, Frisbee
- Gym/Field Games

P.E. activities often require working with one or more partners, on a team, or as a class. This provides ample opportunity to work on cooperation, teamwork, and how to lose *and* win with grace, kindness, and respect.

Students are expected to try their best, support classmates, and assist with equipment when needed. All students need to wear appropriate athletic shoes during P.E. class; laced shoes appropriate for running are ideal. Students who are unable to participate in P.E. due to illness or injury must have permission from their classroom teacher or a note from a parent excusing them from P.E.

Grading is based on attitude, sportsmanship, effort and skill development and is included in the student report card.

To learn more and do more check out these links:

California State Standards for Physical Education

<http://www.cde.ca.gov/CI/pe/cf/>

Kings Firecrackers

<http://kingsfirecrackers.blogspot.com/>

P.E. Gang

<http://www.pegang.com/>

BAM! Body and Mind

<http://www.bam.gov/>

Exploratorium: Sport Science

<http://www.exploratorium.edu/sport/>

Kidnetic

<http://www.kidnetic.com/>

Kids Running

<http://www.kidsrunning.com/>

Powerful Bones

<http://www.girlshealth.gov/bones/>