**Physical Education 6** Mr. Padilla ([jpadilla@laalliance.org](mailto:jpadilla@laalliance.org))

Alliance College-Ready Middle Academy #8 Website: <padilla8.weebly.com>

Tutoring: Thursday 3:30-4:30

Time and time again, research shows that children who are physically active and fit tend to live healthier & fuller lives and perform better in the classroom. Regular exercise helps to improve students’ concentration and cognitive functioning. A physically educated child is more likely to grow into a physically fit and healthy individual. The goal of Physical Education 6 is to develop physically literate individuals who have the skills, knowledge, and confidence to step out into the world and participate in a physical activity of their choice for the improvement of lifelong fun, health, and fitness levels. Physical Education 6 is a movement and physical activity based curriculum which includes participation and improvement in the following areas:

|  |  |  |  |
| --- | --- | --- | --- |
| ***Health and Fitness***   * Muscular strength * Muscular endurance * Flexibility * Body composition * Cardio Respiratory | ***Fundamental Movement***   * Locomotive * Non-locomotive * Manipulative | ***Game Knowledge***   * Rules of the game * Strategies of the game * History of the game * Modifications of the game. | ***Social Skills***   * Teamwork * Communication * Respect * Sportsmanship * HAVING FUN |

### Materials Required for Class

* P.E. uniform
  + Solid grey or white sweatshirts may be worn ***under*** P.E. uniform on cold days.
* Active footwear (i.e. tennis, running, basketball shoes)
  + **NO** boots, elevated heals, or open-toe shoes or sandals.

\*Note: Students not in the proper P.E. attire may not be able to participate in the day’s class activity due to safety concerns.

### Life Skills

The four categories for life skills points in Physical Education 6 are:

1. Behavior - Students are expected to exhibit a cooperative, attentive, and positive attitude that is consistent with the school’s Student Behavior Code
2. Participation – Students are expected to be prepared, on time, and engaged by trying their best for all class activities(i.e. wearing PE attire and trying every activity or skill)
3. Group work – Students are expected to work together and collaborate in groups by actively participating and contributing to the group, especially during activities involving teamwork.
4. Work habits – Students are expected to give their best effort at all times and work towards improving their physical activity skills and knowledge.

### Homework

### Students will write a daily journal entry in their composition notebook and/or they will keep log of times, exercises and games. Late submissions are accepted up to one day late and are subject to a deducted point.

## Schedule of Curriculum Topics

\*Curriculum Topics may be subject to change

**First Semester (Aug, Sept, Oct, Nov, Dec):**

- Fitness & conditioning

- Cooperative games

- Volleyball

- Football

- Basketball

**Second Semester (Jan, Feb, Mar, April, May):**

- Modified games

- Soccer

- Badminton

- Kickball

- Softball

- Backyard Games