**Physical Education 6** Mr. Padilla (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:

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| ***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
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### 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