

Physical Education

Bellevue Elementary School

Mr. Ruden
markruden@bellevue.k12.ia.us

DESCRIPTION Course Description: Physical Education emphasizes enjoyable participation in physical activity. Students will develop the knowledge, attitudes, motor skills, behavioral skills, and confidence needed to adopt and maintain physically active lifestyles.

STANDARDS

- 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities
- 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
- 3: Participates daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction Standard
- 4: Achieves and maintains a health-enhancing level of physical fitness
- 5: Exhibits responsible personal and social behavior in physical activity settings

BEHAVIOR/RULES In physical education I expect the children to participate, follow directions, respect themselves and others, have a positive attitude, use equipment appropriately, and try their best. I do not expect everyone to be great at every sport, but I would like them to try new things with a positive attitude.

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UNITS Football, Basketball, Volleyball, Soccer, Scooter Hockey, Jump Rope, Dodging & Fleeing Activities, Cooperative Games, Physical Fitness Testing, Free Play Activities.

GRADING Grading procedures The physical education grade is determined by participation in class activities and progress shown in age appropriate skills, positive behavior and effort, as well as the ability to demonstrate knowledge of wellness and fitness concepts.

4=Meets the Standards with Distinction (90-100%)

3=Meets the Standards (90-89%)

2=Developing Skills to Meet Standards (70-79%)

1=Does Not Meet the Standards (69 and below)