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# Physical Education

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## Wolverine Physical Education

### Another Year is Underway!!

The start of the 2016-2017 year has arrived and we are one month in on this glorious road trip together. This year will be a great one! Up first this year is soccer, fitness testing, and the Five Components of Health-Related Fitness.

In Physical Education we use a 4 point scale when grading students on skills & concepts. The scale is based on the amount or errors observed.

4-no errors, 3- 1 error, 2- 2-3 errors, 1- 4 or more errors.

Example: a student would score a 3 (advanced progress) in Overhand Throwing if the student makes only ONE error.

#### Rubric for grading skills

4- Mastered

3- advanced progress

2- beginning progress

1- basic

### Shoe Reminder!

Please remember to send your children to school with physical education appropriate shoes. The shoes need to cover the toes, top of foot, and heels. Students will not be able to participate in sandals, cowboy boots, and snow boots. Etc.

### Expectations in daily P.E.

Here are Mr. Briggs' daily expectations in Physical Education. Students who follow all concepts of this rubric receive full credit for that day's lesson.



- 4- Prepared for class
- 3- Participation
- 2- Respect (teacher, classmates, equip.)
- 1- Positive attitude

Score	Criteria
4	No reminders for appropriate behavior Student actively participates in all activities Student actively helps others
3	Very seldom has reminders for appropriate behavior Student participates in all activities
2	Averages one or two reminders for appropriate behavior per week Student participates in most activities with encouragement
1	Two or more reminders for appropriate behavior per week Student does not participate often Student hurts other's learning time
0	Repeated reminders for appropriate behavior weekly Student refuses to participate Is dangerous or hurts other student's learning time

Another Year

Physical Education Shoes

Expectations of students in Physical Education

Grading in Physical Education

Five Components of Health-Related Fitness

### Five Components of Fitness

The five components of health-related fitness are important for physical health. Maintaining healthy levels of fitness for each component helps a person live a healthy and productive life. The five components of fitness are:

**Cardiorespiratory Endurance (cardio):** Cardio is the ability of the HEART and LUNGS to supply oxygen to the muscles during long periods of physical activity.

**Muscular Strength:** Muscular strength is the ability of the muscle or muscles to PUSH or PULL with its TOTAL force.

**Muscular Endurance:** Muscular endurance is the ability of the muscle to repeat a movement MANY TIMES or hold a position without stopping to rest.

**Body Composition:** Body composition is the relationship between fat-free mass and fat mass.

**Flexibility:** Flexibility is the muscles' ability to move a joint through a full range of motion.

Get out and get active!!

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