

Physical Education Goals

- 访 Lifelong fitness is always the ultimate goal of the Edison P.E. Program.
- 访 Our games and activities take into consideration the skill and developmental levels of our students.
- 访 The range of activities includes everything from cupstacking and juggling to basketball and a 4th /5th grade track meet.
- 访 Our goal is to individualize the intensity of activities to allow students to participate at a level where their skills can be challenged and yet they still have a feeling of success.
- 访 There is an evolution to our games. Often there are simple ways to make small adjustments to games that enhances skill development and makes them more inclusive.
- 访 The Most Fun Wins! - Whenever games are played in the gym, the emphasis is on having fun, rather than finishing first.

Physical Activity Guidelines *from the Center for Disease Control and Prevention (CDC)*

- ✚ Children and adolescents should do 60 minutes (1 hour) or more of moderate to vigorous physical activity each day
- ✚ That may sound like a lot but don't worry your child may already be meeting that recommendation. At Edison our 1st – 5th grades students have P.E. four days per week for 30 minutes. If they also have moderate to vigorous activity at each recess, they may be getting close to 60 minutes. Though most of our students probably still need some additional aerobic activity.
- ✚ The CDC recommends that aerobic activity make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Include vigorous-intensity aerobic activity on at least 3 days per week.
- ✚ Note: *As a rule of thumb, on a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10, moderate-intensity activity is a 5 or 6.*
- ✚ Muscle strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes. and motor skill proficiency in one physical activity.
- ✚ Include bone-strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Lessons/Skills	Tag Games	Active Games
<ul style="list-style-type: none"> 访 Heart Adventure Course 访 Badminton 访 Balance Trainers 访 Basketball 访 Climbing Wall 访 Fitnessgram/Pacer 访 Flying Discs-Spinjammers 访 Hockey 访 Hula Hoops 访 Jump Ropes 访 Muscle Toners 访 Scooters 访 Soccer 访 Sport/Cupstacking 	<ul style="list-style-type: none"> 访 Great Wall of China 访 Discus Spin Tag 访 Knee Tag 访 Oompa Loompa Tag 访 Pickle Tag 访 Take A Chance 访 Turtle Tag <p>For details on all of the games listed above and many more, visit: staff.4j.lane.edu/~james/jamessite Click on Games</p> <p>Or...</p> <ol style="list-style-type: none"> 1. Go to the Edison Website 2. Click on classrooms 3. Go to P.E. Link. 	<ul style="list-style-type: none"> 访 Ball Frenzy (Throwing) 访 Soccer Frenzy (Kicking) 访 Super Ball Frenzy (Throw & kick) 访 Slammer (Throw only) 访 Super Slammer (Throw & kick) 访 Ball Rotation Activity 访 Crazy Ball 访 Hockey Frenzy 访 Hockey Take A Chance 访 Line Soccer 访 Partner Take A Chance 访 Scooter Basketball 访 Four Square <p style="text-align: right;">P.E. Instructor: Frank James</p> <p style="text-align: right;">james@4j.lane.edu</p>
<p>Skill lessons details @ staff.4j.lane.edu/~james/jamessite</p>		