High Meadow School

PE CURRICULAR OVERVIEW

WINTER 2022-23

Nursery 3's

Listening Activities
Students have been working on listening activities such as Simon Says, locating the four cardinal directions (north, south, east, and west) in the gym, and different commands that involve a verbal command/whistle. One of the main activities students did in class was called *Clean the Yard,* which taught them how to take responsibility for helping each other.

GroundHog Activity
The nursery students participated in a game called *Finding Phil the Groundhog*, which allowed the students to work together in the gym to find Phil. Each student searched around the gym and picked up floor spots (or burrows) to see if any of the spots had a picture of Phil. There were thirty spots altogether and only ten of them had pictures of Phil. When a student found Phil they brought the spot to the teacher and kept looking for more burrows. This activity gave children the opportunity to learn about Groundhog day and to take part in the HMS Ground Hog Fest. They were enthusiastic about finding Phil and even looked for groundhog burrows around campus.

Hula Hoops
One of the first pieces of equipment introduced to the class were hula hoops. Nursery students practiced using hula hoops individually and learned how to play safely amongst the large group. They learned how to follow different cues and commands such as: how to properly hold the hula hoop, to not bend or throw the hula hoop, how to jump in and out of hula hoops, how to travel around the gym when holding hula hoops, and all this helped them learn about personal space. The students were also given the opportunity to independently practice with the hula hoops, which they loved! Eventually, the students learned their own tricks and could not wait to show them to the class.

Pre-Kindergarten

Listening Activities
Students have been working on listening activities such as Simon Says, locating the four cardinal directions (north, south, east, and west) in the gym, and different commands that involve a verbal command/whistle. One of the main activities students did in class was called *Clean the Yard,* which taught them how to take responsibility for helping each other.

Groundhog Activity
The pre-k students participated in a game called *Finding Phil the Groundhog*, which allowed the students to work together in the gym to find Phil. Each student searched around the gym and picked up floor spots (or burrows) to see if any of the spots had a picture of Phil. There were thirty spots altogether and only ten

of them had pictures of Phil. When a student found Phil they brought the spot to the teacher and kept looking for more burrows. This activity gave children the opportunity to learn about Groundhog day and to take part in the HMS Ground Hog Fest. They were enthusiastic about finding Phil and even looked for groundhog burrows around campus.

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Super Bowl Special
During the week of the Super Bowl, children participated in a game inspired by the Super Bowl. The students were given a brief intro to football. Then students shared any knowledge they had about football with the class. Only a couple of students knew anything about the sport. The class worked on throwing bean bags towards a target, similar to the game corn hole. This allowed students the opportunity to practice throwing a bean bag in the hole and every time the students made it in the hole, it was considered a touchdown.

Kindergarten

Dance Warm-ups
Kindergartners learned about the positive impact of warming up their bodies at the start of every class. Students learned that it's important to warm up the heart, lungs, blood, and muscles. With dance warm-ups the students had the opportunity to dance to kidz bop songs. What is amazing about these songs is that they provide modern music that the students know and listen to. Students were inspired to create and apply dance moves to this music that incorporated balance, coordination, rhythm, muscle strength and muscle endurance.

Groundhog Activity
The kindergarten students participated in a game called *Finding Phil the Groundhog*, which allowed the students to work together in the gym to find Phil. Each student searched around the gym and picked up floor spots (or burrows) to see if any of the spots had a picture of Phil. There were thirty spots altogether and only ten of them had pictures of Phil. When a student found Phil they brought the spot to the teacher and kept looking for more burrows. This activity gave children the opportunity to learn about Groundhog day and to take part in the HMS Ground Hog Fest. They were enthusiastic about finding Phil and even looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students had the opportunity to work with holding a football and working with the agility ladders. The agility ladder drill is an activity that running backs do before a game to practice their footwork and warm up. This allowed the students to learn what a running back does in a football game and how important it is to hold a football correctly. Students performed the ladder drill and experienced for themselves the importance of good footwork when traveling with a football in their hands. Children also learned some rules of the game, a little history about the sport, and a few important football positions such as the quarterback, running, and wide receiver.

Catching and Throwing
Students practiced catching and throwing with foam balls. Remembering the commands and cues they previously learned with bean bags, students transferred their knowledge of throwing and catching to foam balls. They progressively worked towards a partner activity to learn how to play catch, and be mindful when working with a partner who struggles to catch and/or throw. Students are also learning how to give positive feedback to each other and witnessing how kind words can help build self esteem.

1st Grade

Dance Warm-ups
First graders learned about the positive impact of warming up their bodies at the start of every class. Students learned that it's important to warm up the heart, lungs, blood, and muscles. With dance warm-ups the students had the opportunity to dance to kidz bop songs. What is amazing about these songs is that they provide modern music that the students know and listen to. Students were inspired to create and apply dance moves to this music that incorporated balance, coordination, rhythm, muscle strength and muscle endurance.

Groundhog Activity
First grade students participated in the game called Finding *Phil the Groundhog*, which allowed the students to work together in the gym to find Phil. Students were placed randomly into teams and each group would have to work together to find the most pictures of Phil. There would be poly spots placed on one side of the gym. Each poly spot would represent a burrow for a groundhog to hide in. Students would go one at a time and pick up one spot and see if they picked the correct spot with a picture of Phil. When a student would find a picture of Phil, the student would bring the picture of Phil back to their group for a point. If a student did not find a spot with the picture of Phil, the student would have to go back to their group and everyone in their group would have to perform 3 jumping jacks. The children had the opportunity to learn about Groundhog day and to take part in the HMS Groundhog Festival. They were enthusiastic about finding Phil and looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students learned about four different field positions in football: quarterback, running back, kicker, and wide receiver. They had the opportunity to participate in a station dedicated to each position, and showcase their skills. The students were given a brief explanation of the sport of football, each position, and how the Super Bowl is an important week for many individuals. Because students were excited about the lesson, it provided a great opportunity for them to build self confidence and learn how to respect their classmates when playing.

Catching and Throwing
Students practiced catching and throwing with foam balls. Remembering the commands and cues they previously learned with bean bags, students transferred their knowledge of throwing and catching to foam balls. They progressively worked towards a partner activity to learn how to play catch, and be mindful when working with a partner who struggles to catch and/or throw. Students are also learning how to give positive feedback to each other and witnessing how kind words can help build self esteem.

2nd Grade

Second graders learned about the positive impact of warming up their bodies at the start of every class. Students learned that it's important to warm up the heart, lungs, blood, and muscles. With dance warm-ups the students had the opportunity to dance to kidz bop songs. What is amazing about these songs is that they provide modern music that the students know and listen to. Students were inspired to create and apply dance moves to this music that incorporated balance, coordination, rhythm, muscle strength and muscle endurance.

Groundhog Activity
Second grade students participated in the game called *Finding Phil the Groundhog*, which allowed students to work together. Students were placed randomly into teams and charged with finding the most images of groundhogs. One picture of Phil was worth one point, and penalties for coming up empty handed included team members performing jumping jacks. The children had fun, got to learn about Groundhog day and to take part in the HMS Groundhog Festival. They were enthusiastic about finding pictures of Phil inside the gym and even looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students learned about four different field positions in football: quarterback, running back, kicker, and wide receiver. They had the opportunity to participate in a station dedicated to each position, and showcase their skills. The students were given a brief explanation of the sport of football, each position, and how the Super Bowl is an important week for many individuals. Because students were excited about the lesson, it provided a great opportunity for them to build self confidence and learn how to respect their classmates when playing.

Catching and Throwing
Students practiced catching and throwing with foam balls. Remembering the commands and cues they previously learned with bean bags, students transferred their knowledge of throwing and catching to foam balls. They progressively worked towards a partner activity to learn how to play catch, and be mindful when working with a partner who struggled to catch and/or throw. One team activity involved students getting a foam ball from one end of the gym to the other, without dropping the ball. This activity was a lot of fun for the students and also provided an opportunity for them to give each other positive feedback.

3rd Grade

Groundhog Activity
Third grade students participated in the game called *Finding Phil the Groundhog*, which allowed students to work together. Students were placed randomly into teams and charged with finding the most images of groundhogs. One picture of Phil was worth one point, and penalties for coming up empty handed included team members performing jumping jacks. The children had fun, got to learn about Groundhog day and to take part in the HMS Groundhog Festival. They were enthusiastic about finding pictures of Phil inside the gym and even looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students learned about four different field positions in football: quarterback, running back, kicker, and wide receiver. They had the opportunity to participate in a station dedicated to each position, and showcase their skills. The students were given a brief explanation of the sport of football, each position, and how the Super Bowl is an important week for many individuals. Because students were excited about the lesson, it provided a great opportunity for them to build self confidence and learn how to respect their classmates when playing.

Basketball
The class was given a brief history of basketball, including how it was created by Jame Naismith, a PE Teacher. Each week, third graders practiced dribbling, passing, and shooting; and learned how each skill can be applied to gameplay. This gave students the opportunity to showcase their skills and help one another get better. Students learned how to demonstrate dribbling through the game, Knockout; passing the ball with the activity, Pass 3; and shooting with a game called, Hot Spots. As March arrived, students learned why and how March Madness is important for college basketball.

4th Grade

Groundhog Activity
Fourth grade students participated in the game called *Finding Phil the Groundhog*, which allowed students to work together. Students were placed randomly into teams and charged with finding the most images of groundhogs. One picture of Phil was worth one point, and penalties for coming up empty handed included team members performing jumping jacks. The children had fun, got to learn about Groundhog day and to take part in the HMS Groundhog Festival. They were enthusiastic about finding pictures of Phil inside the gym and even looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students learned about four different field positions in football: quarterback, running back, kicker, and wide receiver. They had the opportunity to participate in a station dedicated to each position, and showcase their skills. The students were given a brief explanation of the sport of football, each position, and how the Super Bowl is an important week for many individuals. Because students were excited about the lesson, it provided a great opportunity for them to build self confidence and learn how to respect their classmates when playing.

Basketball
The class was given a brief history of basketball, including how it was created by Jame Naismith, a PE Teacher. Each week, students practiced dribbling, passing, and shooting; and learned how each skill can be applied to gameplay. This gave students the opportunity to showcase their skills and help one another get better. Students learned how to demonstrate dribbling through the game, *Knockout*; passing the ball with the activity, *Pass 3*; and shooting with a game called, *Hot Spots*. As March arrived, students learned why and how March Madness is important for college basketball.

5th Grade

Groundhog Activity
Fifth grade students participated in the game called *Finding Phil the Groundhog*, which allowed students to work together. Students were placed randomly into teams and charged with finding the most images of groundhogs. One picture of Phil was worth one point, and penalties for coming up empty handed included team members performing jumping jacks. The children had fun, got to learn about Groundhog day and to take part in the HMS Groundhog Festival. They were enthusiastic about finding pictures of Phil inside the gym and even looked for groundhog burrows around campus.

Super Bowl Special
During the week of the Super Bowl, students learned about four different field positions in football: quarterback, running back, kicker, and wide receiver. They had the opportunity to participate in a station dedicated to each position, and showcase their skills. The students were given a brief explanation of the sport of football, each position, and how the Super Bowl is an important week for many individuals. Because students were excited about the lesson, it provided a great opportunity for them to build self confidence and learn how to respect their classmates when playing.

Basketball
The class was given a brief history of basketball, including how it was created by Jame Naismith, a PE Teacher. Each week, students practiced dribbling, passing, and shooting; and learned how each skill can be applied to gameplay. This gave students the opportunity to showcase their skills and help one another get better. Students learned how to demonstrate dribbling through the game, Knockout; passing the ball with the activity, Pass 3; and shooting with a game called, Hot Spots. As March arrived, students learned why and how March Madness is important for college basketball.

6th Grade

Super Bowl Special
During the week of the Super Bowl, students had the opportunity to participate in a Sideline Football game. The class was divided into two teams. Each team had to get the football to the opposing team's endzone through passing only! This meant when a student had the football in their hands, they couldn't move their feet. The only way to move the football was by throwing it to a team member. If a student was seen moving their feet it was considered a turnover and the other teams would take possession of the football. This meant students had to work together carefully and come up with a team strategy, in addition to being conscious about not moving their own feet. This gave students the opportunity to showcase their football skills and implement different tactics and strategies with their peers. They practiced being aware of their own positions and those of the opposing team, transitioning to and from offense & defense, making themselves available to receive passes, as well as containing/forcing opposing team members to move in specific directions.

Basketball
The class was given a brief history of basketball, including how it was created by Jame Naismith, a PE Teacher. Each week, sixth graders practiced dribbling, passing, and shooting; and learned how each skill can be applied to gameplay. Every week the class was divided into different teams. Students played structured basketball games to showcase their skills; learn the rules of the game; apply tactics and strategies to modified game play; and cooperate with and encourage each other. Through scrimaging students also worked on their feedback and communication, which gave everyone the opportunity to improve.

7th Grade

Super Bowl Special
During the week of the Super Bowl, students had the opportunity to participate in a Sideline Football game. The class was divided into two teams. Each team had to get the football to the opposing team's endzone through passing only! This meant when a student had the football in their hands, they couldn't move their feet. The only way to move the football was by throwing it to a team member. If a student was seen moving their feet it was considered a turnover and the other teams would take possession of the football. This meant students had to work together carefully and come up with a team strategy, in addition to being conscious about not moving their own feet. This gave students the opportunity to showcase their football skills and implement different tactics and strategies with their peers. They practiced being aware of their own positions and those of the opposing team, transitioning to and from offense & defense, making themselves available to receive passes, as well as containing/forcing opposing team members to move in specific directions.

Basketball
The class was given a brief history of the sport and how it was created. Each week, students practiced dribbling, passing, and shooting; and learned how each skill can be applied to gameplay. As March arrived, students learned how March Madness is important for college basketball. Students also had the opportunity to play a structured game to showcase their skills, learn the rules, apply tactics and strategies to modified gameplay, and cooperate with and encourage each other. Each week, students worked to better their feedback and communication with their teammates. Communication became an important topic for discussion because it impacted performance during the scrimmages. Students discovered the importance of being good communicators because, what people say, and, how they say it, impacts behavior, and affects people's actions and feelings.

8th Grade

Super Bowl Special

During the week of the Super Bowl, students had the opportunity to participate in a Sideline Football game. The class was divided into two teams. Each team had to get the football to the opposing team's endzone through passing only! This meant when a student had the football in their hands, they couldn't move their feet. The only way to move the football was by throwing it to a team member. If a student was seen moving their feet it was considered a turnover and the other teams would take possession of the football. This meant students had to work together carefully and come up with a team strategy, in addition to being conscious about not moving their own feet. This gave students the opportunity to showcase their football skills and implement different tactics and strategies with their peers. They practiced being aware of their own positions and those of the opposing team, transitioning to and from offense & defense, making themselves available to receive passes, as well as containing/forcing opposing team members to move in specific directions.

Basketball

Eighth graders have been working on their basketball skills: dribbling, passing, and shooting. The class was given a brief history of the sport and how it was created. Each week, students practiced these discrete skills and learned how to apply them to the game. As March arrived, students learned how March Madness is important for college basketball. Students also had the opportunity to play a structured game to showcase their skills, learn the rules, apply tactics and strategies to modified gameplay, and cooperate with and encourage each other. Each week, students worked to better their feedback and communication with their teammates. Communication became an important topic for discussion because it impacted performance during the scrimmages. Students discovered the importance of being good communicators because, *what people say,* and, *how they say it,* impacts behavior, and affects people's actions and feelings.