

Physical Education at Graham Road Elementary

All Kindergarten through Sixth-grade students receive physical education at Graham Road Elementary. Physical education occurs three times a week for all students and is taught by Mr. Oran Dowd, Mr. Leonardo Navia, and Ms. Amanda Lockhart (Adapted PE). In Physical Education, students practice movement skills, engage in cooperative activities, and develop lifelong health-enhancing skills.

Physical education progresses developmentally as students move from grade to grade. Our main goals in physical education are to keep students active, develop motor skills and object control skills, and instill a passion for physical activity that will last a lifetime. Every student is unique, so our physical education program exposes students to a variety of physical activities, so students can find activities that they enjoy.

Kindergarten, First Grade, and Second Grade students are taught 12 total units over the school year. The year begins with Team Building and Cooperative Games, to set the groundwork for students working together in a positive environment. We then transition into our movement unit where students practice different movement skills. Movement is the framework of all activities and students must be able to navigate the gym in a safe and controlled manner. Following movement our younger students progress through a variety of units such as, Throwing and Catching, Educational Gymnastics, Dribbling with Hands, Fitness and Nutrition 1, Dance, Volleying, Striking, Fitness and Nutrition 2, Dribbling with Feet, then finish the year with Outdoor and Recreation. Students develop competency in all these units.

Third Grade students are taught 13 total units over the school year. The year begins with Team Building and Cooperative Games, to set the groundwork for students working together in a positive environment. We then transition into our movement unit where students practice different movement skills. Movement is the framework of all activities and students must be able to navigate the gym in a safe and controlled manner. Following movement our third-grade students progress through a variety of units such as Fitness Principles, Throwing and Catching, Educational Gymnastics, Dribbling with Hands, Fitness and Nutrition 1, Dance, Volleying, Striking, Fitness and Nutrition 2, Dribbling with Feet, then finish the year with Outdoor and Recreation. Students develop competency in all these units to be prepared for more advanced instruction the following year.

Fourth Grade, Fifth Grade, and Sixth Grade students are taught 12 total units over the school year. The year begins with Team Building and Cooperative Games, to set the groundwork for students working together in a positive environment. We then transition into our fitness principles unit, where students explore different ways to remain fit. Fitness is highlighted in all our units for older students, as physical well-being impacts the overall health of our students. Following Fitness Principles our older students progress through a variety of units such as Throwing and Catching, Educational Gymnastics, Dribbling with Hands, Mid-Year Fitness, Dance, Volleying, Striking, Fitness and Nutrition, Dribbling with Feet, then finish the year with

Outdoor and Recreation. Students develop competency in all these units to prepare for a lifetime of physical activity and knowledge of health-enhancing skills.