

# THE TOWN SCHOOL PHYSICAL EDUCATION CURRICULUM SUMMARY

## SCHOOL-WIDE GOALS:

- TO TEACH A WIDE VARIETY OF PHYSICAL SKILLS IN A SAFE AND ENJOYABLE ENVIRONMENT.
- TO PROVIDE A COMFORT LEVEL FOR ALL STUDENTS IN A POSITIVE, SUPPORTIVE ATMOSPHERE WHERE THEY FEEL FREE TO TAKE RISKS AND ATTEMPT NEW ACTIVITIES.
- TO EMPHASIZE THE PROCESS OF LEARNING PHYSICAL SKILLS RATHER THAN THE END RESULT.
- TO FOSTER INDIVIDUAL RESPECT AS WELL AS COOPERATION WITH CLASSMATES.
- TO LEARN TO DEAL WITH SUCCESSES AND DISAPPOINTMENTS WHICH COME FROM STRETCHING ONE'S PHYSICAL LIMITS.
- TO ESTABLISH LIFELONG ENJOYMENT OF PHYSICAL ACTIVITIES.
- TO TEACH CHILDREN THE VALUE OF PHYSICAL FITNESS.

**NURSERY/KINDERGARTEN:** In this division, children are exposed to various movement activities which allow them to have fun while at the same time experience frequent successes in physical education. All groups spend time each day outdoors on the roof and/or terrace. The Nursery 4 and Kindergarten classes have physical education instruction in the gym two times a week. Goals for this age include the following:

- ❖ Developing gross motor skills.
- ❖ Introducing activities that increase core strength, agility, flexibility, and balance.
- ❖ Developing hand-eye and foot-eye coordination.
- ❖ Providing simple games and creative exercises for both individual and group play.
- ❖ Learning through discovery and exploration.

**LOWER SCHOOL:** In the Lower School, the emphasis is placed on developing general movement skills, elementary game and sports concepts, and social awareness through group activities. As the program and children progress through the grades, each of these areas becomes more specialized so that by the time the children reach Eighth Grade, they understand the concepts and can perform many of the skills needed in fairly complex sports. Lower School students have physical education classes either three or four times a week. Specific goals in each grade include the following:

### First Grade:

- ❖ Developing basic motor skills.
- ❖ Developing agility, balance, core strength, hand-eye and foot-eye coordination.
- ❖ Playing games with various group sizes and organizations.
- ❖ Providing opportunities for creative play.

### Second Grade:

- ❖ Continuing the program from First Grade, adding more complex skills, rules, and games.
- ❖ Introducing fitness activities.
- ❖ Playing lead-up games for sports, i.e. basketball, newcomb, kickball, soccer.
- ❖ Introducing cooperative games and games of low organization.
- ❖ Developing agility, balance, core strength, hand-eye and foot-eye coordination.

### Third Grade:

- ❖ Reinforcing games and concepts learned in lower grades, including cooperative games.
- ❖ Introducing lead-up games for more complex sports, e.g. modified soccer, basketball, newcomb, whiffleball.
- ❖ Introducing more team oriented, competitive games and some beginning sports.
- ❖ Introducing cardiovascular endurance work as well as continuing fitness activities.

### Fourth Grade:

- ❖ Continuing previously learned games and concepts from Third Grade.
- ❖ Introducing more advanced lead-ups involving positions, strategies, higher degree of skill levels, for basketball, softball, etc.
- ❖ Introducing football, handball, volleyball and softball, track and field.
- ❖ Providing opportunities for leadership.
- ❖ Continuing fitness activities.

**UPPER SCHOOL:** In the Upper School (Grades 5-8) the aim is to expose the children to a variety of sports and activities so that by the time the children graduate they will have a broad base of knowledge in many areas. To that end, a variety of sports and games is taught during different seasons. Fitness is stressed throughout. Athletic teams are offered after school hours. A positive, supportive atmosphere is created so that children feel comfortable and at ease in physical education, and will develop a higher level of self esteem as a result of their participation. We also teach children to deal with the achievements and setbacks of competition. Grades 5-8 have classes four times a week, from 40 minutes to one hour. In the fall and spring, the Fifth through Eighth Graders go to Randalls Island for physical education. The other two periods are taught either in the gymnasium or in John Jay Park. In the winter months all classes are held in the gym. Additionally, in the winter students are introduced to either gymnastics or martial arts at Asphalt Green, or swimming at the Aqua Center. Seventh and Eighth grade students continue with gymnastics at Asphalt Green and are introduced to martial arts.

**Curriculum Content:**

**Fall:**

- ❖ Soccer
- ❖ Cooperative games
- ❖ Fitness Activities
- ❖ Volleyball
- ❖ Track and Field

**Winter:**

- ❖ Basketball
- ❖ Fitness activities
- ❖ Organized and cooperative games
- ❖ Swimming (Fifth and Sixth grades)
- ❖ Gymnastics (Fifth through Eighth grades)
- ❖ Martial Arts (Seventh and Eighth grades)

**Spring:**

- ❖ Softball/Baseball
- ❖ Track and Field
- ❖ Organized and cooperative games
- ❖ Fitness Activities
- ❖ Touch Football
- ❖ Racquet sports
- ❖ Preparation for Field Day

**Interscholastics (Fall, Winter, Spring Sports) :**

- ❖ Coed Soccer Team (Fifth/Sixth grades)
- ❖ Coed Soccer Team (Seventh/Eighth grades)
- ❖ Basketball Team (Fifth/Sixth grade girls)
- ❖ Basketball Team (Fifth/Sixth grade boys)
- ❖ Basketball Team (Seventh/Eighth grade girls)
- ❖ Basketball Team (Seventh/Eighth grade boys)
- ❖ Softball Team (Fifth/Sixth Grades girls)
- ❖ Baseball Team (Fifth/Sixth Grades boys)
- ❖ Softball Team (Seventh/Eighth Grade girls)
- ❖ Baseball Team (Seventh/Eighth Grade boys)

