

Physical Education

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Welcome to Benjamin E. Mays IB World School. My name is Ms. Farley and I'm the Physical Education Teacher. I'm excited for another school year where great things happen. My passion is exercise and fitness. In addition to teaching learners to think on their feet, my goals as a PE teacher include teaching students to get and stay in shape. I thoroughly enjoy living and working with the health of myself and my students at heart! We will work together and create a culture and community of learners that are motivated and excited about being physically fit and mentally strong both in the gym and in their lives everywhere they go!

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity. / Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

WE DO THINGS THE MAYS WAY:

<u>Required Materials/Behaviors</u>	<u>Classroom Expectations</u>
Tennis Shoes Best Effort-Best Foot Forward POSITIVE Attitude for Success Kind Heart and Mind for Self and Others Must Think on Your Feet Wear clothing to Move and Stretch in	Be Responsible Be Respectful Be Safe *Sportsmanship - Practiced and Performed *Participation - 50 minute duration

This year, BEM students will be covering Pre-Sport Skills, Lifetime Games, Activities, and Exercises that promote an improved and healthier mind and body. Each month and daily lessons will be THEMED. A take home “themed” calendar will be provided for each student PreK-5th as homework at the beginning of each month as well. This supports “working out” at home and outside of school for extra care and attention to our Health and Wellness. (no need to turn these calendars in when completed) Please share this exercise experience with your child to help build a healthy happy connection on a movement level. Thanks and get moving!

Grading:

Daily Assignments- practicing, performing, playing, and participating. Following classroom expectations and bringing all required materials and GOOD attitude & behaviors.

Other Things to Know

- * All school Call: “WE DO THINGS.....” Response: “THE MAYS WAY!”
- *Effort, Attitude, Cooperation with others, and Participation overall, are of the utmost importance.
- *Come ready to move and work. Wear tennis shoes and comfortable clothes to move and stretch in.
- *Safe and smart practices will be employed and followed by all students.
- *Report any concerns to the teacher.
- *If a student is struggling in Gym class, every effort will be made to assist them and provide extra support.

How can parents help?

Please contact Benjamin E Mays IB World School for any assistance regarding your student’s learning and experiences. Having open communication with teachers, staff, and administration is important. We are here to guide, support, and help in any way we can.

Asking your student about their day is an opportunity for both to learn and debrief what’s happening on a daily basis in their classes/gym. I hope students will be excited to share what they are learning and able to do. This will be an ongoing process all year long. For more information about how things are graded and how to help if your child is struggling, please contact us at your convenience.

Thanks, B.Farley, Benjamin E. Mays IB World School, Physical Education Teacher