

NHKS 2009-2010 School Year Physical Education Program

I. Philosophy

The learner characteristics of children in elementary school dictate the need for an enjoyable instructional learning environment. By stressing the joy of physical activity, positive behaviors are developed that last a lifetime. The majority of activities for younger children are individual in nature and center on learning movement concepts through theme development. Children learn about basic movement principles and educational movement themes are used to teach body identification and body management skills.

Navy Hale Keiki School's physical education program's purpose is to:

1. Promote physical, mental and social growth through activities that develop strength, skill, coordination, and endurance.
2. Contribute to the development of social competencies, social skills, and in building relationships.
3. Learn to enjoy, value, and participate in physical activities that will continue throughout a lifetime.
4. Increase fitness levels.
5. Help develop self-concept, self-esteem, and self-confidence.

II. Evaluation

Students will be evaluated on improvement in the following areas:

- Social skills and ability to work with others and cooperate in a variety of physically active settings.
- Level of participation and showing willingness to put forth best effort.
- Displays a positive attitude and readiness to continue trying no matter the level individual success.
- Physical skills and motor movement.

III. Rules

1. Be kind
2. Be safe
3. Always do your best

IV. Reward System

Individual Incentives

- Hand stamp or sticker at the end of class.
- Being the line leader.
- Help demonstrate activities or help with equipment set up and clean up.

Group Incentives

- Each PE class a report will be given to the classroom teacher. It will explain how class went, report positives or behaviors of students, and a class point total. Points are received throughout the PE class for positive behavior, smooth transitions, good listening, following directions, etc. Classroom teachers can use these reports for their own incentives to help motivate and reward their class.

V. Consequences

Interrupting, talking while the teacher is talking, blurting out, inappropriate behavior, not following directions, not stopping directly after being told to stop.

- 1st time - verbal warning
- 2nd time - 5 refocus time. Student should be calming down and thinking about why they are in time out. Before re-joining the class they must understand and explain why they were in time out, and what behavior they are going to change.
- 3rd time - refocus for the rest of class and/or complete a worksheet explaining to classroom teacher and Director what happened.

No warning for:

- Overly rough dangerous behavior, being out of control, putting down others, being disrespectful to teacher - Result will be sent to office and parent contacted.