

What we have been accomplishing in Physical Education Classes 2017-2018

Week of January 3-5, 2018

GENERAL AND PERSONAL SPACE

The gymnasium is a room with lots of space, along with the play area behind JRE. During physical education classes, the students work in two kinds of space throughout the year: **general and personal space**. General space is space that the students share with their classmates during group games and/or activities. While moving in general space, the students are taught to keep their hands and feet to themselves, use their eyes and ears when moving, and listen and follow directions. Personal space is space that the students occupy by themselves, and they do not share this space with their classmates. Personal space is used when the students are working on a skill or activity that only requires one person or one piece of equipment so they may improve their fine, gross, and large motor skills.

Warm ups help students get moving!!!

A vital part of physical education is getting the students moving as soon as they enter the gymnasium. A warm up in class gets the students hearts racing and also gets them motivated for physical education. Warm ups are usually 3 to 6 minutes long and can involve little or no equipment. Usually the warm ups are fast paced and actually disguised exercise. If a student is having fun during a warm up, they don't really realize they are receiving exercise. They just know its fun. It is sometimes called camouflaged fitness. The following warm ups have been incorporated into physical education: partner fitness, jogging, continuous bowling, hurdle up, medicine ball, fitness switch, chicken chase and the jump stick.

Fish in the Bucket

The class is divided into 6 teams. Each team is given a rubber bass fish to toss into a 5 gallon bucket. The students take turns one a time and try to toss the fish in the bucket from a poly spot on the floor. If they make it, they get to take the poly spot back to their team for a point. If they miss, they must retrieve the fish and hand it to the next

Rock-Paper-Scissors-Jog.

Found on PE Universe, the students are placed in corner 1-2-3 or 4. They find a partner to play rock-paper-scissors with. If they win, they jog to the next number. For example: 2 runs to 3, 3 runs to 4, 4 runs to 1, 1 runs to 2 and so on. If they lose, they have to stay at that number until they win, then you may move on. A warm up activity that is 6-7 minutes in length.