

PE/Health Happy Feet.

Class Description:

In this PE/Health course for kids grade K-4, students will use Happy Feet, Healthy Food as a logbook to record their physical activity and their eating patterns. They will also use it as a sourcebook for games, activities and eating tips. This bright, happy book encourages children to learn about healthy patterns in life, while reading and writing at the same time.

Learning Materials:

Main Curriculum:

Happy Feet, Healthy Food: Your Child's First Journal of Exercise and Healthy Eating

Learning Goals/Performance Objectives: 1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.

1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency.

1.1.5 Understands movement concepts.

1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.

1.2.2 Applies social skills necessary for effective participation in physical activities.

1.2.3 Recognizes strategies necessary for effective participation in physical activities.

1.3.1 Recognizes basic vocabulary and components of health-related fitness.

1.5.1 Understands how the body's function is affected by food consumption.

2.1.1 Understands dimensions and indicators of health.

Learning Activities:

The student will engage in physical activity each week and will complete the various activities (both physical and relating to health and nutrition) in the logbook.

September Goal

Complete the lessons for weeks 1-3

1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

October Goal

Complete the lessons for weeks 4-6

1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.

November Goal

Complete the lessons for weeks 7-9

1.1.3 Demonstrates mature form in manipulative skills that contribute to movement proficiency.

December Goal

Complete the lessons for weeks 10-12

1.1.5 Understands movement concepts.

January Goal

Complete the lessons for weeks 13-15

1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.

February Goal

Complete the lessons for weeks 16-18

1.2.2 Applies social skills necessary for effective participation in physical activities.

March Goal

Complete the lessons for weeks 19-21

1.2.3 Recognizes strategies necessary for effective participation in physical activities.

April Goal

Complete the lessons for weeks 22-24

1.3.1 Recognizes basic vocabulary and components of health-related fitness.

May Goal

Complete the lessons for weeks 25-27

1.5.1 Understands how the body's function is affected by food consumption.

June Goal

Complete the lessons for weeks 28-30

2.1.1 Understands dimensions and indicators of health.

Progress Criteria/Methods of Evaluation: For successful completion and monthly progress of each course, the student will complete at least 70% of the lessons/goals, at a minimum of 70% participation.

September Complete the lessons for weeks 1-3

October Complete the lessons for weeks 4-6

November Complete the lessons for weeks 7-9

December Complete the lessons for weeks 10-12

January Complete the lessons for weeks 13-15

February Complete the lessons for weeks 16-18

March Complete the lessons for weeks 19-21

April Complete the lessons for weeks 22-24

May Complete the lessons for weeks 25-27

June Complete the lessons for weeks 28-30