



READING EDGE ACADEMY
PHYSICAL EDUCATION
COACH A. 2020-21

P.E. STANDARDS



MOVEMENT COMPETENCY

- Demonstrate competency in many and proficiency in a few movement forms from a variety of categories.



COGNITIVE ABILITIES

- Identify analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.



LIFETIME FITNESS

- Participate regularly and understand the importance of physical activity and overall health.



RESPONSIBLE BEHAVIORS AND VALUES

- Exhibit responsible and social behaviors that respects self and others in physical activity settings.



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CORE MOVEMENT COMPETENCIES

- Here at Reading Edge Academy it is my goal to meet these standards for each student by using the following core movement competencies in a variety of different activities:
- Locomotor Skills (running, walking, skipping, galloping, etc...)
- Striking with body (volleyball, soccer, 4-square), implements (paddles), long handled implements (hockey, baseball)
- Dribbling, (soccer, basketball)

CORE MOVEMENT COMPETENCIES

- Underhand/ Overhand Throwing (bowling, scoops, various targets, games)
- Catching (football, 4- square, k-12, scoops, partner/self-challenges, Frisbees)
- Jumping (obstacles, jump rope, fitness, relays)
- Fitness (Fitness challenges, workout stations, health, nutrition)

THESE CORE CONCEPTS, ALONG WITH VARIOUS OTHER ACTIVITIES WILL GIVE EACH STUDENT THE KNOWLEDGE AND TRAINING TO IMPROVE ON THEIR SKILLS. IN ADDITION THERE WILL ALWAYS BE AN EMPHASIS ON SPORTSMANSHIP, COOPERATION, AND INTEGRATED ACADEMICS. THESE ARE THE KEY ELEMENTS THAT MAKE A FULLY PHYSICALLY EDUCATED STUDENT.

THIS YEAR WE WILL DO OUR BEST TO FOLLOW THE SAFETY GUIDELINES AND HELP PREVENT THE SPREAD OF COVID-19. THE FOLLOWING IS A LIST OF IMPORTANT STEPS THAT THE STUDENTS AND I WILL BE TAKING DURING P.E. TO STAY SAFE!



COVID-19 SAFETY GUIDELINES

Through lessons and procedures, the students and I will follow these safety guidelines during P.E....

- Masks on when students cannot socially distance.
- Masks can be off when exercising.
- Students must keep hands to themselves.
- Equipment will be sanitized.
- Bring own water bottle to class. (no water fountains)
- Need to be able to tie own sneakers or wear Velcro.
- Activities will encourage students to be 6 feet apart or more from others.





LOOKING FORWARD TO ANOTHER GREAT
SCHOOL YEAR!! SEE YOU SOON!!

-COACH A.