**Curriculum Night PreK -5th grade**

The Physical Education program at Spruce Street encourages being physically active for life. The elementary program is focused on student development through games, sports and exercise. These activities are not designed to be competitive but to get the whole class involved, participating, learning, problem solving, having fun and exhibiting good sportsmanship.

All PE classes meet once a week for 45 minutes.

PreK-5th grade will begin the school year with a Health and Fitness unit.

K-3 will focus on locomotor skills, spacial awareness activities, the body, nutrition and exercises.

3rd-5th grade will be learning about and participating in the Fitnessgram. (4th and 5th grade will be doing all the tests)

The NYC FITNESSGRAM is an annual fitness assessment for students in grades kindergarten-twelve that helps students and their families develop personal goals for lifelong fitness. The assessments target - Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility and Body Composition. This is not a graded test, the results are confidential and go out at the end of the year. See this website for more information regarding the Fitnessgram <https://www.schools.nyc.gov/school-life/learning/subjects/physical-education>

PreK-5th Grade Units

Soccer

Dodging and Fleeing (tag and chase games)

Floor Hockey

Basketball

Cooperative Games (Team work and Problem solving)

Team Handball (3rd -5th)

Volleyball

Striking with Implements/ Throwing and Catching (racket and bat activities/ football, Frisbee, baseball/softball) Predominantly upper elementary 3rd-5th will be Striking with implements

**Why Physical Education?**

1. Encourages Physical Activity for Life
2. Provides an Outlet for Creativity and Self-Expression
3. Helps Prevent Sickness and Disease
4. Develops Cooperation and Teamwork
5. Builds Self-Confidence
6. Provides Opportunities for Personal Goal-Setting
7. Increases Personal Fitness and Motor Skill Development
8. Helps Reduce Stress and Anxiety
9. Strengthens Relationships with Others
10. Boosts Academic Learning

**Curriculum Night 6th-8th grade**

The Physical Education program at Spruce Street encourages being physically active for life. Upper grade PE focuses on providing more options for students. We try to have different activities based on skill level, competitive desire and ability. Keeping it fun and challenging as well is highly stressed.

All classes receive PE once a week for 45 minutes.

Middle School PE will begin this year with the Fitnessgram.

The NYC FITNESSGRAM is an annual fitness assessment for students in grades kindergarten-twelve that helps students and their families develop personal goals for lifelong fitness. The assessments target - Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility and Body Composition. This is not a graded test, the results are confidential and go out at the end of the school year. See this website for more information regarding the Fitnessgram https://www.schools.nyc.gov/school-life/learning/subjects/physical-education

Middle School Units

Soccer

Tennis/Pickleball/Badmitton

Basketball

Floor Hockey

Team Handball

Cooperative Games

Volleyball

Fitnessgram

7th grade students will have Health Class this year. (The Comprehensive Health Smart program) The goal of this program is to promote healthy growth and development of youth and give students skills for making healthy choices that will affect life-long behavior patterns and the quality of their adult lives. This class will meet for 45 minutes once a week the whole year.

All curriculum for Health is provided by the DOE and the topics include:

1. Violence and Injury Prevention
2. Tobacco, Alchohol and Other Drug Prevention
3. HIV, STD and Pregnancy Prevention
4. Emotional and Mental Health
5. Abstinence, Puberty and Personal Health
6. Nutrition and Physical Activity

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