

## **PHYSICAL EDUCATION CURRICULUM**

The primary purpose of St. Ignatius Physical Education Program is the development have a physically fit, and cooperative student. The student will have the ability to carry out daily task with vigor and alertness, without undo fatigue and ample energy to enjoy leisure time in exercise. The student will be introduced to Health, Nutrition, Calisthenics, Rules of the Game and Class Cooperation (Conduct). These topics will be taught in the classroom and gymnasium, as well as other outside activities. The student will be graded on all four parts, to complete their class requirements.

Health will be defined as fact, and not fiction. The student will be taught the proper Hygiene and Body awareness to prevent any common transmitted viruses or bacteria; (common cold, head lice and rashes). Cleanliness will be the most important focus in this topic. The conclusion of each class, five minutes will be allowed to clean up and freshen, for their next class. This part of the program will be one fourth of the grade for the class.

Nutrition is the combination of food and physical activity choices that have an every day affect your health—how you feel today, tomorrow, and in the future. The best way to give our bodies the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day.

Calisthenics will begin first session of the week. This will include a cardio activity such as running or skipping rope. Physical fitness is the result of a strong body and mind. Fitness is defined as the ability to endure, to bear up, and to persevere under difficult circumstances where unfit person would give up. This part of the program will make up one fourth of the grade for the class.

Rules of the Game will be the structure to play any game. Several games will be part of the Physical Education Program. The student will participate in physical play, but be well versed on the rules. Stressing the rules factor, the student will have a better understanding in playing the game with boundaries. An emphasis on the rules will result in a safe and a cooperative game. This two-part process of play and rules will have a bearing on one fourth of the grade.

Class Cooperation or Conduct and effort are how the student demonstrates the game in a behavioral manner. Our criteria to determine good conduct are attitude, fair play, cooperation and respect to a fellow student. Effort is the most emphasized component that proves the desire in class cooperation. All these factors will make up the last fourth of the four parts, for the grade requirements for this class.

All four parts collectively must include our Schoolwide Learning Expectations. St Ignatius students are children of **Faith, Action, Integrity, Thought and Health.**

**All classes will conclude with stretching and a prayer**