

MS Physical Education Syllabus
2011-2012

Instructors:

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Description:

The 4th and 5th grade physical education program is designed to develop the mental, emotional, physical, and social aspects of the individual. Students are introduced to all varsity sports offered at Holland Hall, as well as other fitness activities. Emphasis in the program is placed on providing an opportunity for individual growth and success.

Learning Objectives:

Students will develop an understanding and basic knowledge of skills of all sports offered at Holland Hall.

Students will develop leadership skills, as well as, sportsmanship and teamwork through interaction with others in individual and team sports.

Students will continue to develop motor and body awareness skills that were introduced in the primary school.

Course Materials:

White Dutch T-Shirt
Black shorts with HH logo or Dutch logo
Tennis Shoes

Outline of Topics:

Semester 1

Dynamic Stretching/Warm-up Routine, Locomotor Skills, Cooperative games, Pentathlon unit, Field Hockey unit, Flag Football unit, Volleyball unit, and Basketball unit.

Semester 2

Badminton unit, Table Tennis unit, Golf unit, Tennis unit, Survivor and Agility Games unit, Introduction to Weights unit, Soccer unit, Team-Building unit, Sakawa/Wanata Track Meet, and Baseball/Softball unit.

Assessments:

Skills assessment check list.

Weekly Schedule/Length of Course

Monday – Friday/45 Minutes daily

Each Unit will be approximately 2 weeks in length.