

Elementary PE/Health Syllabus William Memorial Elementary School

Grades K-5



The South Carolina Physical Education Curriculum is designed to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of physical activity. Physical Education makes an important contribution to the education of the whole child. In addition to developing physical skills, group and individual activities in the program provide opportunities to acquire and demonstrate social skills, cooperative skills, strong work habits, respect for others and for you. Physical Education at WMES is a sequential education program based on physical activities experienced in an active and supportive environment where every student is challenged and successful.

Physical Education Outcomes

Students will be able to:

1. Apply physical education to life
2. Demonstrate good sportsmanship
3. Demonstrate competency in many movement forms.
4. Demonstrate beginner level techniques of catching, throwing, kicking, rolling, and bouncing (eye-hand, eye-foot coordination)
5. Demonstrate locomotor and non-locomotor patterns and balance and to be able to demonstrate complex locomotor patterns, balance, and movement skills
6. Demonstrate a positive attitude toward participation in a physical activity and maintaining personal health.
7. Possess an awareness and respect for individual and multicultural differences
8. Demonstrate knowledge and skills which better enable participation in group and team activities; team sports; wellness; and fitness concepts.

Grading procedures

The physical education grade is determined by participation in class activities and progress shown in age appropriate skills, positive behavior and effort, as well as the ability to demonstrate knowledge of

E = Excellent (80-100%)

S = Satisfactory (60-79%)

U = Unsatisfactory (59% and below)

Classroom Expectations

Students are expected to give their best effort, follow directions, exhibit listening skills, follow rules during an activity, display good sportsmanship, behave respectfully towards others, and arrive appropriately prepared for class.

If the rules of physical education class are broken, the consequences may include, verbal warning, time out of play, writing assignment, and/or contacting parents.

Recommended/required materials for class

What your child should wear to class?

1. Sneakers-flat rubber soled only *Students may not participate if wearing sneakers with elevated soles, sandal backs, clog styles or slip-ons!
2. Clothing- loose fitting clothing appropriate for activity
3. Jewelry- only stud earrings may be worn during activity *No watches, necklaces, bracelets, rings, etc...
4. Hair- long hair should be secured back with small clips or bands

Teacher contact information

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