

Waters Physical Education



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About Me

My name is Bradley Kurz and I am the physical education teacher at Waters Elementary. I have a Bachelor and Masters' Degree in Physical Education and I have been teaching at Waters Elementary for over fourteen years. During my time at Waters, I have enjoyed teaching, coaching, and learning from the students. During the school year, our students will learn a variety of activities, sports, and exercises. In the primary levels (K-2nd grades), the students will learn fundamental movement skills (throwing, catching, skipping, etc.). Once we begin to learn these skills, we apply them in games or other fun activities. The intermediate level (3rd-6th Grades) will target the introduction and practice of fitness activities and sports skills. The middle school level (7th-8th Grades), will focus on refining sports skills and increasing fitness levels. Another important goal for middle school students is to understand basic rules and strategies for games.

NASPE National STANDARDS AND GOALS used to guide instruction and grading:

Standard 1: The student will be able to demonstrate competency in motor skills and movement patterns.

Standard 2: The student will be able to apply knowledge of movement concepts, principles, strategies, and tactics as they apply to the learning and performance.

Standard 3: The student will be able to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The student will be able to exhibit responsible personal and social behavior that respects self and others.

Standard 5: The student will be able to recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Grading

Preparedness (10 Percent)

2 point - Student is wearing proper shoes

1 points- Student is not wearing proper shoes

Students must wear proper shoes in order to participate in all movement activities.

Proper shoes are: tennis shoes that cover the whole foot and can be tightened by laces or Velcro.

Cleats, Crocs, sandals, Keens, Mary Jane-Style dress shoes, boots, flip flops, slip-ons, and the like are NOT Recommended! Students that are not wearing proper shoes will either walk around the track when we are outside or complete an alternative activity when we are inside the gym.

Recommended Attire

Sweat pants, **ATHLETIC** shorts (elastic waist running shorts, work out shorts and basketball shorts), joggers/track pants, warm-ups pants, yoga pants, and leggings are acceptable.

ATHLETIC Shorts should go past the child's fingertips. T-shirts and sweatshirts are recommended tops for physical education. The students must wear proper shoes that cover the whole foot. (See above section on proper shoes)

Not recommended attire

Jeans, skirts, dresses, tunics/long shirts, dress shorts (e.g.: cargo shorts, khakis, khaki shorts, plaid shorts, plaid khaki shorts, plaid cargo shorts, hiking shorts, and golf shorts) are **NOT RECOMMENDED** attire.

When in doubt

Wear a T-shirt and **ATHLETIC** shorts during the warmer months, a T-shirt or sweat shirt and sweat pants or warm-up pants during the colder months.

Rationale

When we meet for class, it is my goal to provide a learning experience with a great

amount of moderate to vigorous physical activity along with sport and movement skills. It is easier for students to meet the demands of vigorous activity safely when they are dressed in proper attire. Some examples of vigorous exercise would include running, playing basketball, playing soccer, and swimming.

Active Engagement - (30 percent of student’s grade)

10 points	In general, the student participates in all class activities without stopping.
9 points	In general, the student participates in almost all class activities without stopping.
8 points	In general, student often participates in activities without stopping.
7 points	In general, the student at times participates in activities without stopping.
6 points	In general, the student rarely participates in activities without stopping.
5 points	In general, the student does not participate in activities.

Skill Performance/Demonstration 30%- When applicable

The student will complete a Skills test pertaining to sports or other activities that we have covered in class.

Knowledge Concepts- Cognitive Domain 30% - When applicable

The student will complete a test based on the concepts that were covered in class.

Expectations:

1. Be responsible
2. Be respectful
3. Be ready to learn

Consequences

1. First time a child breaks a rule- child is warned.
2. Second time a child breaks a rule- child is sat out to refocus for 2 minutes.
3. Third time a child breaks a rule- child is sat out to refocus 5 minutes.

4. Fourth time a child breaks a rule- teacher calls parents.

Subject to Change