

Broken Arrow Public Schools
Elementary Physical Education Activity Report

Physical Education in the Curriculum

One of the major benefits of physical activity is that it helps students improve their overall health. Physical fitness is a state of well-being that allows young people to perform daily activities with vigor, participate in a variety of physical activities and reduce their risks for health related issues.

As early as 1968, Broken Arrow Public Schools realized the value of physical education in the curriculum offerings for elementary students. The program was developed as an instructional program and was taught by certified health and physical education instructors. The curriculum developed gave a great deal of thought and included appropriate exercises, a variety of organized individual and group activities, indoor and outdoor projects, walking and jogging, and jump rope just to mention a few. Special attention was given in hiring certified physical education teachers who wanted to teach health and physical education. The quality of this initial program still continues today in the physical education classrooms across our school district.

Broken Arrow Public Schools currently provides a physical education program for all elementary school sites. The program is an instructional program taught by teachers with professional credentials in physical education. The prime purpose of the current program is to guide children into being physically active for a lifetime. The physical education classes are included in a weekly rotation of curriculum which also includes general music and visual arts for students in grades K-5. In addition to the physical education classes the students participate in a daily 20 minute daily recess which provides students with time to engage in physical activity, further developing healthy bodies.

Program Offerings

The Broken Arrow Public Schools elementary physical education program provides learning opportunities, appropriate instruction as well as meaningful and challenging content for all children. At the elementary level the physical education curricula and instruction emphasize enjoyable participation in physical activity and help students develop the knowledge, attitudes, motor skills, behavioral skills and confidence needed to adopt and maintain physically active lifestyles. Lessons reflect the alignment of National Standards for Physical Education, Oklahoma Priority Student Skills and local curricular direction in the design of a strong physical education program for children. Students in grades K-1 participate in individual rhythmic and movement, relays, circle activities, small and large group games, short and long jump ropes, ball handling skills, parachute activities and motor skills which develop an understanding of healthy and fitness. Students in Grades 2-3 participate in individual rhythmic and movement, relays, circle activities, small and large group games, short and long jump rope skills, kickball, ball handling skills, parachute activities, physical fitness skills, related activities and games. Students in grades 4-5 participate in individual rhythmic and movement, relays, circle

activities, small and large group games, short and long jump rope skills, ball handling skills, parachutes activities, basketball skills, soccer, kickball, track and field skills, soft-ball, physical fitness skills and related activities and games. Some skills will be repeated due to the need of emphasizing those skills. The grade levels will reflect age level appropriateness for the skills being repeated.

How to encourage regular participation in physical activities

Students should have daily physical activity as part of play, games, sports, work, transportation, recreation, physical education or exercise in the context of family, school and community activities. Physical activity is a voluntary behavior and enjoyment of the activity will influence the extent to which young people will remain motivated to become more physically active. Children will often choose a recreational activity that is most appealing to them and based off of a positive experience will continue with recreation both in and out of school hours. To obtain motivation and opportunities that will enable them to increase their level of physical activity and fitness young students can benefit from the following:

- Families who model and support participation in enjoyable physical activity
- Community environments that make it easy and safe for young people to walk, ride bicycles, and use close-to-home physical activity facilities.
- School programs that include quality, daily physical education; health education; recess; and extracurricular activities.
- Parks and Recreations programs that promote physical activity.
- Youth sports and recreation programs that offer a range of developmentally appropriate activities.

Specific forms of physical activity and exercise in which young people might participate include unstructured physical activity, walking, bicycling, dancing, doing active household chores, and participating in organized sports. Places or setting in which students can engage in physical activity and exercise include the school, playgrounds, home, public parks and recreation centers, private clubs and sports facilities, bicycling and jogging trails, summer camps, religious facilities and dance centers. Parental involvement is very important in promoting physical activity among young children. Parents need to encourage their children and support them in participating in enjoyable physical activities. Parents should learn what their children want from extracurricular and community physical activity program and then help select appropriate activities for their children. By choosing fun and developmentally appropriate activity, most children are eager to engage in more healthful living.

Parents have the opportunity to encourage and monitor the physical activity progress of their children. Ideally, your child should not spend more than two hours a day viewing television or playing computer games. These activities can be educational but they involve sitting still and often for long periods of time. Physical activity is important for all children and they should be given plenty of opportunities to move throughout the day. Children should not be inactive for prolonged periods. Try to limit the time your child is

inactive and encourage them to find an activity they like to do. The following can be a helpful guide for monitoring children's physical activity in the home:

- Be a role model; be active when you're with your children
- Include physical activity in family outings
- Support active play, recreation and participation in sports
- Encourage and support walking and cycling to school
- Encourage children to replace time spent surfing the net, watching TV and playing computer games with more active pursuits

These are just a few suggestions for monitoring your child's physical activity. Making physical activity a part of their daily routine is not only fun for them but also healthy. Encouraging children to be active when they are young establishes a routine that could stay with them through their life.

Benefits of physical education

Physical education plays a critical role in educating the whole student. Research has shown the importance of movement in educating both mind and body showing that regular physical activity improves the quality of life. Physical education serves as a vehicle for helping students to develop the knowledge, attitudes, motor skills, behavioral skills and confidence needed to adopt and maintain physical active lifestyles. The benefits of a physical education program are development of student's physical competence, health-related fitness, self-esteem and overall enjoyment of physical activity. The major goal of physical education is to develop physical educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. Students who participate in activities that are designed to help them understand the concepts of health-related fitness and to value the contributions they make to a healthy lifestyle. The experience of participating in a health enhancing activity leads to lifetime fitness.

Why is it important?

Reduced Risk of Heart Failure

Improved Physical Fitness

Weight Reduction

Good Health Promotion

Self Discipline

Skill development

Improved Self- Confidence

Stress Reduction

Increase their love of school and performance in academics

Development of Lifetime Skills and Activities

Enjoy a lifetime of healthy physical activity