



Physical Education at Spencer Elementary

About:

My name is Jennifer Peters. I teach Physical Education. Here at Spencer students attend specials classes each day, they rotate through the three (Art, Music, PE). Our time with the students is 45 minutes every three days. We do our best to get them engaged and learning almost as soon as they walk through the door.

Procedures and classroom expectations:

- Due to the nature of my class, physical education might look a bit different from Art and Music, but it's still a learning environment full of sights, sounds, and cool equipment.
- Class begins with students walking to their spot on the gym floor, I explain the activity/equipment being used, and then get them started.

- I utilize stations often since it allows the students multiple opportunities to practice the same skills.
- When we are done, the students help put everything back for the next class and line up to leave.
- I will be trying some new strategies this year to encourage teamwork, sportsmanship, and how to resolve conflicts.
- Every student should feel safe in my classroom

Things to have for PE:

- Water bottle, students will need them and use them often. Especially when we are outside.
- Athletic shoes: sandals, boots, crocs, and dress shoes are not very safe for the activities we do in Physical Education. If a student forgets their shoes, I will have them walk around during class so they are getting some exercise.
- A great attitude: This year we will focus on “I can” statements. Encouraging each other and working to improve ourselves every class. You don’t need to be the best, you just need to try.
- An ability to tie those shoes:) Students love to learn new skills and there are a ton of videos and books to help your child learn to tie their shoes.

Things we will do/assess/practice this year:

- Locomotor skills: skip, hop, jump, run, sideways, gallop, backwards, leap, and walk.
- Throwing both overhand and underhand
- Kicking
- Striking with an implement (bat, stick, racket etc)
- Following directions
- Maintaining and knowing safe zones
- Balancing
- Stretching
- Rock Wall
- Sports skills: basketball, hockey, tennis, volleyball, kickball, soccer, football, lacrosse, golf
- Spatial Awareness
- Fine and gross motor skills
- Recess games, outdoor games, tag games, and lots of games that tie into the skills being learned in each lesson.
- Hula Hoop activities
- Dance (just a few silly dances that the students love)
- Scooters
- Fitness stations/skills
- Endurance, strength, and stamina activities

How to reach me:

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