

# Physical Education

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Fall 2011

## Welcome back to School!

*"We can't wait to see you in P.E. class!"---Mr. Benco and Mr. Lee*

We would like to welcome everyone back from their summer break and would like to take this opportunity to discuss a new addition that has been made to our physical education program for the upcoming school year. Mr. Joon Lee will be joining Mr. Benco to teach physical education classes on Monday mornings and all day Friday. Mr. Lee is a full-time physical educator in MCPS and brings a wealth of knowledge, experience, and excitement to our program. During the days/times he is not at Gibbs, he will teach elementary physical education at Damascus Elementary School.

### Sneakers in P.E. class reminder

To ensure the safety of all children in our movement based classroom, we are politely asking all parents/guardians to make sure their child wears the appropriate footwear, such as sneakers and socks, to our class. Flip-flops, sandals, and boots minimize quality movement experiences and are potential hazards for your child and others in the class.

## Demonstration Center

During the last part of the school year in 2011 our Physical Education Program was granted elite status as an official Maryland State Physical Education Demonstration School Center for the next three years.

The demonstration school program is coordinated by the State Supervisor of Physical Education, Mr. Mike Mason.

We were fortunate enough to be selected as 1 out of 10 schools out of the over 1,400 schools in the state that were eligible to apply for this prestigious recognition.

Mr. Benco will attend the annual state convention in mid-October to receive the award on our behalf. Before receiving the award, he will present two separate physical education workshops related to the topics of using equitable practices and differentiating learning tasks in elementary physical education.

Our school will receive a plaque and an award banner at this year's convention to signify our accomplishment.

### An upcoming visit to the White House

Our school has been selected as a bronze level award winner in the First Lady's US Healthier Schools Challenge program. Mr. Benco and Mrs. Allen will be attending a special reception to represent William B. Gibbs Jr. Elementary School along with all other award recipients on the South Lawn of the White House with our First Lady, Mrs. Michelle Obama on October 17<sup>th</sup>, at 2 p.m.

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## **Our Instructional Approach**

Instruction for physical education at William Gibbs Elementary School engages the learner and reflects the complex nature of our discipline. This requires consistent, yet varied opportunities for students to be actively involved in all physical education activities.

The physical education curriculum in Montgomery County Public Schools promotes instruction that:

- values all learners as individuals and is differentiated for strengths, interests, and learning styles.
- emphasizes application of knowledge, procedures, strategies, tactics, and concepts.
- models critical thinking, problem solving, and guided discovery to enhance learning.
- promotes enjoyment of movement, sport, and dance.
- provides choices of movement experiences.
- uses ongoing authentic assessments (formative and summative) to guide instruction and monitor student progress.
- relies on rubrics, scoring tools, and data collection to clearly identify the expectations and desired outcomes.
- emphasizes flexible and varied groupings to encourage full inclusion and equitable opportunities.
- maximizes practice opportunities that are developmentally appropriate
- incorporates and encourages the use of technology.
- provides real world, authentic, interdisciplinary experiences that make logical and meaningful connections.
- supports practice, learning, and the development of life-long habits through out-of-school experiences

## **Former P.E. Staff UPDATES**

*Mr. Kyle Finke*

Mr. Finke, our wonderful student teacher from last year has recently been hired as a full-time physical educator in MCPS at Harmony Hills Elementary School in Silver Spring Maryland. Mr. Finke wanted me to pass the word that he misses everyone and promises to keep us all updated on his career. We wish him the best of luck at his new school.

*Ms. Emily Reuter*

Ms. Reuter has been hired as one of the full time physical educators at North Bethesda Middle School. She is interested in coaching after school and plans to teach physical education and coach after school soccer at that level. We will miss her at Gibbs and would like to wish her the best of luck at her new school.

### **Interested in learning more about the local, state, and national standards for physical education?**

Please visit the following websites that to learn more MCPS (Physical Education), MAHPERD (Maryland Association of Physical Education Recreation, and Dance), and NASPE (National Association of Physical Education)

[www.naspe.org](http://www.naspe.org)

[www.mahperd.org](http://www.mahperd.org)

[www.montgomeryschoolsmd.org/curriculum/phyped/elementary/](http://www.montgomeryschoolsmd.org/curriculum/phyped/elementary/)

## UPCOMING EVENTS

The events below are just some of the exciting events that we will be participating in this year at our school.

### CALENDAR OF EVENTS

#### WELCOME BACK TO SCHOOL—PE STYLE

PLACE: WILLIAM GIBBS ELEMENTARY SCHOOL GYMNASIUM

TIME: ALL DAY!---DURING P.E. CLASSES

During all physical education classes for the first two weeks of school, the students will participate in a wide variety of fun, energizing, movement experiences that are sure to get all hearts pumping! Special collaborative challenges will help foster teamwork, respect for others, and an overall feeling of success for all learners. WOW!

#### PRESIDENTIAL ACTIVE LIFESTYLE CHALLENGE

PLACE: SCHOOL/HOME

TIME: ANYTIME!

Dominique Dawes, Co-Chair of the Presidential Council on Physical Fitness, Sports, and Nutrition recommended to us that we consider participating in this very special program. After her visit to our school last year, and hearing her motivational message we will proceed with the program in an effort to stay active and fit.

#### SPECIAL FAMILY FITNESS NIGHT (JANUARY 2012)

PLACE: GYMNASIUM

TIME: 7:00 P.M.

Come one, come all! We are planning a night of fun, fitness activities for everyone.

#### Jump Rope for Heart (February 2012)

PLACE: GYMNASIUM

TIME: ALL DAY—DURING PE CLASS

We will again participate in our third annual Jump Rope for Heart Event at Gibbs Elementary School. This effort is coordinated with the American Heart Association.

### WHAT WILL MY CHILD LEARN ABOUT THIS MARKING PERIOD IN PHYSICAL EDUCATION CLASS?

PEP/PRE-K – Body awareness, self-space, locomotor skills, and location of heart.

Kindergarten – Spatial awareness, locomotor skills, and location/function of heart.

1<sup>ST</sup> GRADE – Locomotor Skills and the overall effects of exercise on the body.

2<sup>ND</sup> Grade – Combining locomotor skills into movement patterns, how the body responds to moderate/vigorous exercise.

3<sup>RD</sup> Grade – Conceptual dribbling and health related fitness concepts of muscular strength and endurance

4<sup>TH</sup> Grade – Conceptual passing and health related fitness components aerobic fitness and flexibility.

5<sup>TH</sup> Grade- Application of dribbling, passing, and shooting in a wide variety of game-like experiences, and health related fitness component cardiovascular endurance and Presidential Fitness Standards.

### Presidential Active Lifestyle Award Program (PALA)

Our school will be participating in the Presidential Active Lifestyle Program this year in an effort to increase the levels of physical activity for our students, parents, and staff. More information on this program will be provided shortly on our Gibbs website, stay tuned!

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### *Our Movement Learning Lab*

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## **DONATIONS NEEDED**

### **SIDEWALK CHALK**

If you have extra sidewalk chalk lying around, please consider donating it to our Physical Education Department.

We use this chalk to map out fitness walk/jog courses for our students to use during recess at Gibbs Elementary School.

### **PICTURES (SEE ARTICLE ON RIGHT OF THIS PAGE FOR A COMPLETE DESCRIPTION OF THIS REQUEST)**

# Physical Education



### **QUESTIONS AND ANSWERS**

Q: I would like to contact the Physical Education Department at Gibbs. How do I do this?

A: The first way is to call our PE Department at 301.353.0800 ext: 1038. The second way is by email at the following address: [Thomas\\_M\\_Benco@mcpsmd.org](mailto:Thomas_M_Benco@mcpsmd.org)

Q: I am a parent and I am interested in volunteering some time to help out the fitness clubs at our school in the morning. How do I do this?

A: Parent volunteers are always welcome and all you have to do is use the contact information above to speak with either Mr. Benco or Mr. Lee and we can easily schedule a time that works the best for you.

Q: I happen to know a special guest that I would like to have visit our school for Family Fitness Night. What is the process for having that person speak at that event?

A: Last year we had two special guests, Dominique Dawes, Co-chair of the President's Council on Physical

## **Pictures Wanted!**

*Calling all Fitness Fanatics!*

Do you have pictures at home of you and your family performing physical fitness activities such as biking, hiking, soccer, swim team, baseball, etc..?

We are creating a large fall bulletin board display of students, parents, and staff exercising both in the school and outside of the school setting.

If you would like to send in a picture with your child to display, please have him/her turn it into Mr. Benco during their scheduled PE class and it will be hung it up that day.

If you would like the picture returned, please write your child's name and teacher on the back of the picture and it will be returned to you by December 2011

We are an active community and we would like to showcase the pictures for all to see!

Fitness, Sports, and Nutrition and current NFL player Joey Haynos speak to our students. If you know of a guest speaker that may be willing to join us for this special occasion, please contact our Physical Education Department as soon as possible. We are already in the planning stages for this January event.

Q: I've heard of a workout club for staff after school. As a parent, would it be ok to exercise with staff?

A: YES! We always welcome another way to bridge the gap between parents and staff and this is a wonderful opportunity for those interested to interact with us in this type of a setting. Email Mr. Benco on the days you are free to participate with us from 4:00-4:45 p.m..

Q: I have website production experience and I would like to help Mr. Benco and Mr. Lee design a PE website. Is this ok?

A: Yes. Contact us and we will be glad to meet with you at your convenience to get his process started. We tried this last year but ran into a few technical glitches that need to be worked out. Your help would be greatly appreciated!

