

Vancouver Talmud Torah
Physical Education Overview
Teacher: Mr. G. Lotzkar
2009-2010

Unit 1: Floor Hockey

(Duration: 4 weeks) (September)

Following a brief orientation that will focus on safety issues, rules and routines in the gym, we will begin our unit on floor hockey. The hockey unit will focus on the basic skills of stick handling, passing and shooting. The safe and responsible use of the hockey stick will be emphasized throughout. Rules, positions and basic strategies will be introduced as the students advance.

Unit 2: Disc Sports

(Duration: 4 weeks) (October)

The students will begin the unit by learning basic and intermediate throws. This will lead into the rules and basics of Frisbee baseball, golf and Ultimate Frisbee.

Unit 3: Volleyball/Newcomb Ball

(Duration: 4 weeks) (November)

The Volleyball/Newcomb ball unit will develop the students skills of serving, volleying and bumping. Court markings, player positions, rules and game strategy will be introduced as the student's progress through the skill stages.

Unit 4: Lacrosse

(Duration: 3 weeks) (December)

The lacrosse unit will allow students to learn the basic fundamentals of lacrosse. This will include cradling, passing and shooting. They will then participate in modified games of lacrosse.

Unit 5: Gymnastics

(Duration: 4 weeks) (January)

The gymnastics unit will focus on a variety of basic skills including balancing, rolls, weight-bearing maneuvers, take-offs and landings. Students will work on a variety of gymnastics apparatuses throughout the unit. Various safety and spotting techniques will be emphasized during each activity.

Unit 6: Basketball

(Duration: 4 weeks) (February)

The basketball unit will focus on developing students' dribbling, passing, shooting and lay-up skills. As the students progress, rules, player positions, offensive and defensive

strategies and other more advanced skills will be taught.

Unit 7: Indoor Soccer

(Duration: 4 weeks) (March)

The indoor soccer unit will focus on the basic skills of dribbling, trapping kicking passing and ball control. Drills and activities will increase in complexity and difficulty as the student's progress and develop their soccer-related skills.

Unit 8: Badminton

(Duration: 4 weeks) (April)

The badminton unit will focus on the basic skills of badminton. Students will learn the skills and strategies of serving, overhand, backhand and underhand volleying. They will also learn the rules, terminology of the game, and how to keep score. At the end of the unit the upper grades (5-7) will be participating in a tournament.

Unit 9: Flag Football

(Duration: 4 weeks) (May)

The football unit will begin with the basics of catching and throwing a youth-sized football. We will also be reviewing the basic rules of the game of flag football. The unit will culminate with a variety of non-contact games and activities based on flag football.

Unit 10: Softball

(Duration: 4 weeks) (June)

The basic skills of throwing, catching and batting a softball will be followed by player positioning and basic game strategy. Softball skills will be broken down into chunks and later applied to a variety of games.

Fitness Testing:

Three times during the year, we will be doing fitness testing. Fitness tests will be administered to try to educate students about their personal well-being. The students will be assessed in the areas of Flexibility, Cardio-Respiratory Endurance, Upper Body Strength and Abdominal Strength. Students will be measured and assessed by their own improvements, not by any normative standards.

Please note that some of the units may be changed in their order and length due to gym availability and weather. Also from time to time, different units may be added or deleted as well.

As your child's safety is an integral part of the physical education program at Talmud Torah, it is necessary for students to come to class in proper gym strip. This consists of the new gray VTT T-shirt, navy shorts, and, either white, black, navy or gray runners. Girls may also wear a skort. If a student fails to come to class with the proper attire he or she will

be asked to complete an assignment. If a student continuously comes to class without the proper uniform a letter will be sent home to the parents.

Vancouver Talmud Torah Physical Education

Principles

- * To maximize active participation of all students at all times.
- * To develop the fitness levels of all students.
- * To develop the skill level of each student to their individual potential.
- * To foster an environment of good sportsmanship and cooperation.
- * To develop within the students a life-long positive attitude toward fitness and athletics which will encourage them to lead an active and healthy lifestyle both in and out of school.

Objectives

Active Participation: stations, partner work and modified games allow all students to be increasingly involved and continuously active during class time.

Physical Fitness: to develop the endurance, strength, balance, flexibility and coordination of students by incorporating these components into lessons and activities.

Skill Development: through the incorporation of success loaded drills for skill-based activities which will encourage each student to succeed and maximize his/her own potential.

Sportsmanship and Cooperation: PE activities will allow and encourage students to develop friendships, self-confidence, teamwork skills and will foster a feeling of belonging to all students.

Active Lifestyle: daily lessons will be enjoyable and fun in order to encourage students to pursue these activities outside of school. Students will also develop an understanding of the positive contributions a physically active lifestyle can have on their personal health and well being.

Rules and Routines

“Come On In!”

Students must enter the gym and change into PE strip in a quick and orderly manner. Once changed, the students must sit patiently around the center circle of the gymnasium. Students are not to touch any of the PE equipment until directed to do so.

“Where is Your Gym Strip?”

Students must bring their gym strip and gym shoes to every PE class if they are to participate in PE activities. A student may be asked to complete an assignment during gym time if failure to bring their strip is becoming an issue. Athletic shoes provide students with greater support and traction thus helping to minimize the potential risk of injury. All of your belongings must be neatly stored on the bleachers, or in the changing room during the PE class.

Fun Stuff in the Equipment Room

Students are not allowed in the PE equipment room unless given permission by the teacher. Students are to keep the equipment room neat and tidy at all times. Students are to use and care for all school equipment and property in a respectful and safe manner.

“I’m thirsty, Mr. Lotzkar!”

Students are to ask permission (at appropriate times) if they want to get a drink of water or use the washroom.

Responsible and respectful behavior and fair play is expected at all times. Failure to act properly will result in the following steps:

- 1. A verbal warning from the teacher to serve a reminder of expectations.**
- 2. A second warning which will result in a “time out” until the teacher invites you back in.**
- 3. If inappropriate behavior continues, you will be asked to sit out for the duration of the class or sent down to the office. In the event of this occurrence, the administration, your classroom teacher and a parent/guardian will be notified.**

Students are to act in a safe and respectful manner at all times

Assessment & Evaluation in PE

How will I be getting marked in PE?

During each term, you will be graded on a set of four criteria. Each set of four criteria will be assessed during all units covered in that term. They are as follows: 4 – exceeds course expectations. 3 – successfully meets course expectations. 2 – minimally meets course expectations. 1 – does not yet meet course expectations.

On top of the following criteria students will also be graded on their effort, attitude, sportsmanship, teamwork and leadership skills.

Please feel free to approach Mr. Lotzkar with any questions or concerns you might have at any point during the year. I can be reached at 604-736-7307 ext. 4116. or at glotzkar@talmudtorah.com.