

There are many personal and social benefits from participating in Physical Education. Sports help build character. Running /exercising makes you feel better. Playing fair and honestly in class will help foster the idea that you should play fairly and honestly throughout your life. Physical Education creates the environment that can be emotional, interactive and for many kids fun. Students show more of themselves in physical education settings than anywhere else. This creates situations in which Physical Education teachers can have those “teachable” moments to process with students the social and emotional situations that occur.

North Hampton School Physical Education Grades K-4

Semester Skill-Theme Units

1	<ul style="list-style-type: none"> -PE and Playground Rules -Personal Space / Levels / Pathways / Directions -Chasing / Fleeing / Dodging -FitnessGram -Kicking and Punting -Throwing and Catching -Dribbling with Hands 	<p style="text-align: center;"><u>Social/Emotional Learning*</u></p> <p>*We work on all of these throughout the entire school year</p> <p>Challenge Yourself</p> <p>Appropriate Risk Taking</p> <p>Three P's of learning (Position, Place, Partner)</p>
2	<ul style="list-style-type: none"> -Striking with Long Handled Implements -Volleying -Striking with Short Handled Implements -Jumping and Landing -Table Tennis 	<p>I-Messages</p> <p>Bubble/Personal Space</p> <p>Turn taking/sharing</p> <p>Self Control in class and game situations</p> <p>Recognize and accept differences in others' abilities</p> <p>Group and Teamwork</p>
3	<ul style="list-style-type: none"> -Creative Movement -First Tee Golf -Lacrosse -Batting -Outdoor games 	<p>Goal Setting</p> <p>Honesty</p> <p>Responsibility</p> <p>Sportsmanship</p> <p>Problem Solving</p> <p>Advocating</p>

North Hampton School Physical Education Grades 6-8

Semester

Even Years

Odd Years

Every Year

Semester	Even Years	Odd Years	Every Year
1	<p><u>Outdoor Team Sports</u></p> <p>Orienteering Flag Football Ultimate Frisbee</p> <p>Paralympics</p> <p>Surfing (Gr. 8)</p>	<p><u>Outdoor Team Sports</u></p> <p>Soccer Lacrosse Touch Rugby</p> <p>Surfing (Gr. 8)</p>	<p><u>Social/Emotional Learning*</u></p> <p>*We work on all of these throughout the entire school year</p> <p>Challenge Yourself</p> <p>Appropriate Risk Taking</p> <p>Self Control in class and game situations</p>
2	<p><u>Indoor Sports</u></p> <p>Volleyball Table Tennis Buka Ball Basketball Bowling Snowshoeing Skateboarding (Gr. 8)</p> <p>Fitness (DDR) Fitnessgram First Aid/CPR (Gr. 8)</p>	<p><u>Indoor Sports</u></p> <p>Badminton Pickleball Floor Hockey Team Handball Indoor Climbing Skateboarding (Gr. 8)</p> <p>Fitness (jump rope) Fitnessgram First Aid/CPR (Gr. 8)</p>	<p>Recognize and accept differences in others' abilities</p> <p>Group and Teamwork</p> <p>Goal Setting</p> <p>Honesty</p> <p>Responsibility</p> <p>Sportsmanship</p>
3	<p><u>Outdoor Sports</u></p> <p>Softball/Baseball Track and Field Speedminton</p> <p>Golf (Gr. 8 First Tee) Fishing (Gr. 7)</p>	<p><u>Outdoor Sports</u></p> <p>Golf Cricket Outdoor Games (Gr. 5&6) Tennis (Gr. 7&8)</p> <p>Golf (Gr. 8 First Tee) Fishing (Gr. 7)</p>	<p>Problem Solving</p> <p>Advocating</p>