Why do Children Need Physical Education?
Quality physical education has the potential to do what absolutely no other class can do – decrease the risk of our youth becoming obese and of their developing cardiovascular diseases, Type II diabetes, osteoporosis, and some cancers.

Benefits of Regular Physical Activity Include:
• Decreased risk of cardiovascular disease by 1.5 to 2.5 times.
• Reduced risk of developing atherosclerosis, commonly begun by age ten.
• Decreased risk of developing Type II diabetes by 50%.
• Optimized development of bone mass, which cannot be increased by more than 5% once adulthood is reached.
• Decreased risk among females of developing breast cancer.
• Increased concentration, reduction in disruptive behaviors, and improvement in mathematics, reading and writing scores.
• Reduced feelings of depression and anxiety, and promotion of psychological well-being

Physical Activity Recommendations for Children
The most current research shows that children require sixty minutes of accumulated physical activity 5 – 7 days/week in order to reduce risks of developing chronic diseases. This physical activity should be of vigorous intensity for an accumulated 20 minutes on at least three of these days for attainment of optimal bone mass.

FUSD Elementary Physical Education Teachers

<table>
<thead>
<tr>
<th>School</th>
<th>Teacher</th>
<th>School Phone</th>
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<tbody>
<tr>
<td>Christensen</td>
<td>Jana Fix</td>
<td>773-4140</td>
</tr>
<tr>
<td>Cromer</td>
<td>Lori Sandacker</td>
<td>773-4150</td>
</tr>
<tr>
<td>DeMiguel</td>
<td>Julie Elliott</td>
<td>773-4000</td>
</tr>
<tr>
<td>Killip</td>
<td>Maureen Landrith</td>
<td>773-4080</td>
</tr>
<tr>
<td>Kinsey</td>
<td>John Nazario</td>
<td>773-4060</td>
</tr>
<tr>
<td>Knoles</td>
<td>Jan Luxton</td>
<td>773-4120</td>
</tr>
<tr>
<td>Marshall</td>
<td>Kerry Kriesel</td>
<td>773-4030</td>
</tr>
<tr>
<td>Sechrist</td>
<td>Susan Alvin</td>
<td>773-4020</td>
</tr>
<tr>
<td>South Beaver</td>
<td>Kerry Kriesel</td>
<td>773-4050</td>
</tr>
<tr>
<td>Thomas</td>
<td>Jan Luxton</td>
<td>773-4110</td>
</tr>
<tr>
<td>Weitzel</td>
<td>Jana Fix</td>
<td>773-4090</td>
</tr>
<tr>
<td>Leupp</td>
<td>John Nazario</td>
<td>(928) 686-6210</td>
</tr>
</tbody>
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Arizona PE Standards

STANDARD 1: Students demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.

STANDARD 2: Students comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems and to become self-directed lifelong learners who are informed physical activity consumers.

STANDARD 3: Students exhibit a physically active lifestyle.

STANDARD 4: Students achieve and maintain a health-enhancing level of physical fitness.

STANDARD 5: Students develop self-initiated behaviors that promote effective personal and social interactions in physical activity settings.

STANDARD 6: Students demonstrate understanding and respect for differences among people in physical activity settings.

STANDARD 7: Students develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.
Dear Parents/Guardians:

Your son/daughter will be involved in a new physical education experience this trimester. It will present a wide variety of physical activities and movement skills related to physical fitness and motor skill development, as well as promote cooperation and personal and social responsibility.

The new curriculum is in alignment with the Arizona physical education standards. Assessments will be based on individual skill performances. We are enthusiastic about the direction FUSD Elementary Physical Education is taking. If you have any questions please feel free to contact your child's physical education instructor. Better yet, feel free to come by and see our program in progress!

**Elementary Physical Education Objectives**

Upon completion of the FUSD Elementary Physical Education Program, students will:

1. Perform locomotor, body management, and manipulative skills with mature form.
2. Combine a variety of fundamental skills.
3. Demonstrate critical elements of fundamental skills.
4. Use feedback to improve personal skill performance.
5. Identify the five components of health-related physical fitness.
6. Maintain health-enhancing levels of physical fitness.
7. Describe health benefits that result from regular and appropriate participation in physical activity.
8. Interact positively with others in physical activity settings.
9. Have experienced multicultural physical activities.
10. Choose to participate in physical activities on their own.

The FUSD Elementary Physical Education program contributes to the total development of each child through positive movement experiences. The program has been designed to help each child develop the physical competence that leads to confidence and participation in physical activities for a lifetime.

**FUSD Elementary Physical Education Mission:**

**Skill Assessment Categories**

- **Pre-control (PC):** the child cannot perform the skill correctly
- **Lower Control (LC):** the child can perform the skill somewhat consistently with mature form in isolation
- **Control (C):** the child can perform the skill consistently with mature form
- **Upper Control (UC):** the child can perform the skill with mature form and can use it in simple skill combinations and/or with two to four people
- **Lower Utilization (LU):** the child can perform the skill effectively in modified small-group game situations
- **Utilization (U):** the child can perform the skill with little concentration and can effectively use it in offensive and defensive situations and/or in multiple skill combinations
- **Upper Utilization (UU):** the child can perform the skill almost automatically against defenders and can use it in complex skill combinations

**Skills Included in the Curriculum**

<table>
<thead>
<tr>
<th>Locomotor Skills</th>
<th>Body Management Skills</th>
<th>Manipulative Skills</th>
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<tbody>
<tr>
<td>Running</td>
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<td>Throwing</td>
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<tr>
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<td>Balancing</td>
<td>Catching</td>
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<tr>
<td>Skipping</td>
<td>Jumping &amp; Landing</td>
<td>Kicking</td>
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<tr>
<td>Galloping</td>
<td>Transferring Weight to Hands</td>
<td>Dribbling</td>
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<tr>
<td>Leaping</td>
<td>Moving to Rhythms</td>
<td>Volleying</td>
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<td>Sliding</td>
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**Skills Included in the Curriculum**

- **Locomotor Skills**
  - Running
  - Hopping
  - Skipping
  - Galloping
  - Leaping
  - Sliding
- **Body Management Skills**
  - Rolling
  - Balancing
  - Jumping & Landing
  - Moving to Rhythms
- **Manipulative Skills**
  - Throwing
  - Catching
  - Kicking
  - Dribbling
  - Volleying
  - Striking with Racquets & Long Handled Implements

**Manipulative Skills**