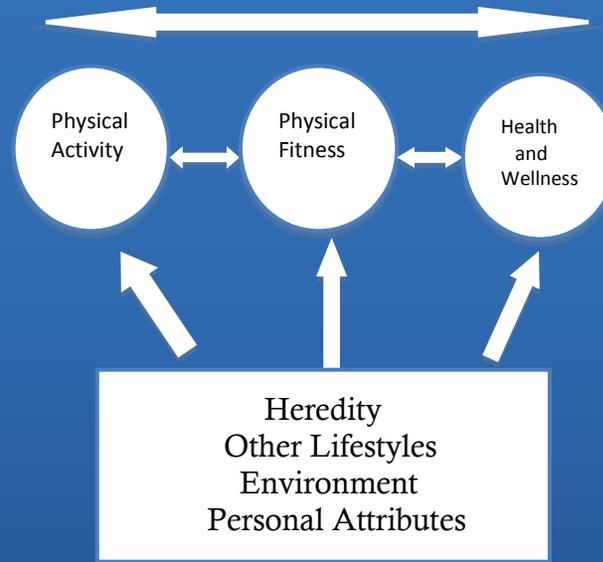


Course Description:

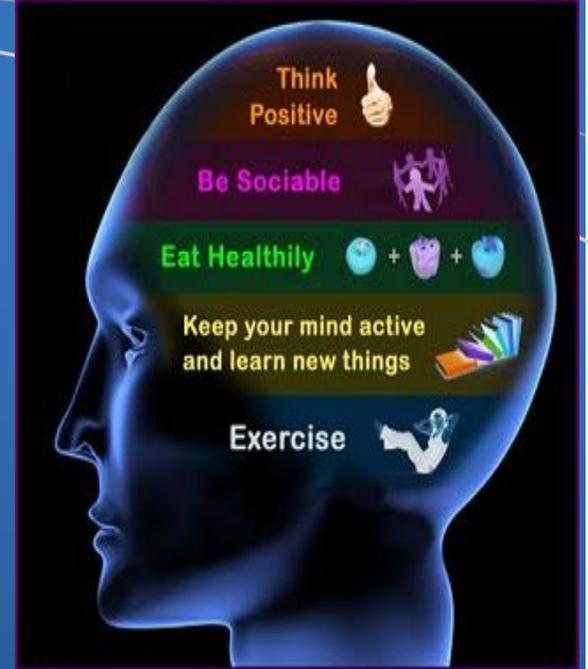
The curriculum follows a scope and sequence based on goals and objectives that are appropriate for all students. It includes balance of skills, concepts, games, and rhythm experiences designed to enhance the cognitive, motor, affective, and physical fitness development of every child.

“Physical fitness is a lifetime habit, not a one time activity. Do something EVERYDAY to keep physically fit, healthy and happy.”



Quick Links

www.braingym.com
www.calorieking.com
www.myplate.com
www.standupandeat.org
www.shapeupamerica.com
<http://www.aahperd.org/naspe/>
www.actionbasedlearning.com



Dike-New Hartford
Physical
Education
K-12

Dike-New Hartford CSD

DNH CSD

330 Main St., Dike, IA 50624

<http://www.dnhcsd.org>

Have you ever wondered how nutrition/exercise affect your day to day activities?

-Exercise, good fitness based exercise, makes our brain more ready to learn.

-Research indicates those who eat a nutritious breakfast have better standardized test scores, better behavior and less hyperactive.

-Nutrition feeds the brain cells.

Physical Education is the only subject which by the very nature of it's content, has the potential to affect how a person will feel every moment of everyday for the rest of his/her life....

-anonymous

Exercise grows brain cells.

Movement facilitates cognition. Physical activity increases learning.

The heart controls the brain, therefore the stronger the heart, the stronger the brain.

Physical activity increases the size of the cortex in the area that involves memory retention and retrieval.

Physical activity raises endorphin levels for higher self esteem and exercise is the natural stress reliever.

Dike-New Hartford Physical Education Vision for the Future

As Dike-New Hartford physical education students exit high school, each student will demonstrate the following:

A. Improved Fitness Level

-participates regularly in physical activity.

B. Goal Setting Ability

-sets realistic and measurable fitness goals.

C. Knowledge and Skills to Design a

Personalized Exercise Prescription.

-Explains the five components of fitness and their importance in their life.

D. Healthy Attitude

-Cherishes the feelings that result from regular participation in physical activity.

-Expresses prized feelings of accomplishment.

Everyday P.E.

Outdoor Education

Field Trips

Increase use of technology across all grade levels.

Equipment for each child for goal setting and monitoring fitness progress.

Provide continuous evaluation of nutritional guidelines within the school system, ensuring each child is given the opportunity to make healthy choices.

Physical Education Standards

Standard 1: Demonstrates competency in motor skills and movement patterns.

Standard 2: Demonstrates understanding of movement concepts and how they apply to learning and performance of activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves/maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible behavior that respects self and others.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.