

Wellness at Ellis School

Home-School Connections

The focus of Ellis School Wellness is to provide students with the knowledge, tools, and resources to live a physically active lifestyle from now through adulthood. Beginning in Kindergarten, students will learn a wide variety of fundamental movement skills and sports skills. They will be given the opportunity to explore their options and find activities that they enjoy. By the end of 8th grade, students will understand health-related fitness concepts, and be able to apply those concepts into a personal workout plan, that fits their needs and interests.

Kindergarten

Students in Kindergarten are movers. They enjoy games and activities that keep them active. Simplicity is best. Games that consist of 2-3 rules are most effective. Kindergarteners love moving to music and engaging in dance. Fundamental movement and sports skills are at the initial stage. Students learn to follow directions and share with others.

I Can...

- I can move while maintaining balance.
- I can keep a rhythm.
- I can perform manipulative/ball skills at a basic level.
- I can play cooperatively in the gymnasium.
- I can find enjoyment in physical activities.

Home Activities

- Remind your child to walk with heel-toe stepping pattern
- Encourage your child to clap to rhythm of songs while in the car
- Encourage students to jump over puddles or lines in a parking lot
- Play catch with large, light balls (such as a beach ball)
- Play with balloons (not filled with helium)
- Practice moving around a crowded area without bumping into anyone or anything
- Bring your child to local/school playground
- Play, play, play!

First Grade

Students in 1st grade are excited about learning new ways to move their bodies. Locomotor skills can become frustrating to the students as they begin to develop. First graders love to use objects and implements, such as throwing balls and swinging rackets. They understand that exercising causes their heart to beat faster and their body to sweat. They know how to use space and equipment appropriately.

I Can...

- I can perform 3 out of 8 locomotor skills at the mature stage.

Home Activities

- Encourage your child to jump, hop, skip, or gallop instead of walk in places where it's appropriate

<ul style="list-style-type: none"> • I can demonstrate the first step of each manipulative/ball skill. • I can travel many different ways. • I can understand what exercise does to my body. • I can act appropriately and positively in the gymnasium. 	<ul style="list-style-type: none"> • Remind students to jump and land on two feet • Play catch with your child and make sure they step with the opposite foot • Practice dribbling skills with soccer balls and basketballs at home • Ask your child how they feel after they have been physically active • Bring your child to local/school playground • Do jumping jack breaks during TV time
---	---

Second Grade

Students in 2nd grade love challenges. Difficult locomotor skills such as skipping and leaping begin to develop. Second graders have a good understanding of rhythm, and love to dance. Catching and throwing skills begin to develop into the elementary stage. Second graders can demonstrate dribbling skills in a static setting, on the preferred side. They love to jump rope, because they can complete more than one jump. They are able to pick up equipment and understand how to use it.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can demonstrate 5 out of 8 locomotor skills at the mature stage. • I can move different body parts to a beat. • I can perform manipulative/ball skills at the elementary stage. • I can jump rope at a basic level. • I can work both independently and with others. 	<ul style="list-style-type: none"> • Challenge your child to perform locomotor skills on command (skipping, galloping, jumping, hopping, leaping). • Dance! • Practice the difference between jogging and running. • Play catch... encourage both overhand and underhand throwing. • Dribble a soccer ball around. Set up small goals to shoot at. • Play 1 v 1 basketball with your child. • Provide your child with a jump rope and hula hoop. Encourage practicing. • Ask your child to show you how many pushups and curl ups they can do. • Bring your child to local/school playground.

Third Grade

Students in 3rd grade love to run. They love fast-paced activities that involve sprinting. All locomotor skills are entering the mature stage. Jumping and landing skills become flawless. Students in third grade can efficiently play catch with a partner. They can dribble and move at the same time. Striking with short-handled implements is mastered, and long-handled implements become a challenge. They enjoy exercising and do not need prompting to participate.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can perform all 8 locomotor skills with proficiency. • I can throw underhand to a partner with accuracy. • I can perform at least 2 manipulative/ball skills while moving. • I can apply simple strategies in chasing activities. • I can engage myself in exercising positively and safely. 	<ul style="list-style-type: none"> • Ask your child to show you how fast they can run. Tell them to show you the difference between running and sprinting. • Play catch with tennis ball. Make sure your child throws overhand. Toss the ball to your child at a variety of levels. • Encourage your child to play sports games with friends, such as soccer and basketball. • Set up a volleyball/badminton net and practice hitting or serving over the net. • Allow your child opportunities to play games such as tag outside with neighbors. • Ensure your child plays cooperatively with friends and siblings. • Get involved in recreational/town sports. • Exer-tainment (Wii Sports, Wii Fit, DDR).

Fourth Grade

Students in 4th grade love to work with their peers. They enjoy engaging in activities where competition exists. Although negative emotions can become a problem, they can quickly be re-directed to positive interactions with peers. Manipulative skills are well into the mature stage, and can be combined with movement. Catching, throwing, kicking, and dribbling skills are executed without hesitation. Offense/defense skills begin to develop in chasing/fleeing games.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can dance to music. • I can combine traveling with manipulative/ball skills • I can perform basic gymnastics skills. • I can apply simple offensive and defensive tactics in chasing & fleeing games. • I can demonstrate responsible behavior in PE class. 	<ul style="list-style-type: none"> • Play games with family and friends that involve throwing, catching, kicking, and striking. • Sign up to play local/recreational sports • Play pick- up basketball/soccer. • Ensure your child abides by game rules and demonstrates good sportsmanship. • Get involved in recreational/town sports. • Go swimming in pool/lake/ocean. • Do jumping jack breaks during TV time. • Exer-tainment (Wii Sports, Wii Fit, DDR).

Fifth Grade

Students in 5th grade are ready for small-sided game play. Practice tasks and independent work become boring. Competition drives participation. The concept of pacing oneself begins to stick

at this age. All locomotor and manipulative skills have been mastered, and are ready to be applied in game settings. Fifth graders begin to show basic offense/defense tactics and game-play strategies. They can engage in these kinds of games responsibly, without constant supervision.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can perform manipulative/ball skills in a small sided game. • I can pace myself in running activities. • I can perform manipulative/ball skills with accuracy. • I can create a routine with others. • I can apply basic tactics and strategies in sports games. • I can understand the social benefits from being physically active. 	<ul style="list-style-type: none"> • Shoot hoops. • Practice complex skills such as layups and jump rope tricks. • Set up goals to practice shooting in games such as soccer and hockey. • Find family members and friends to play small sided sports games. • Get involved in town/school sports. • Play pick-up baseball or kickball with neighbors and siblings. • Go swimming in pool/lake/ocean. • Do pushup/ sit up breaks during TV time. • Exer-tainment (Wii Sports, Wii Fit, DDR). • Play, play, play in group settings!

Sixth Grade

Students in 6th grade love competition. They get very excited about splitting up into two teams and playing against their peers. Sixth graders tend to lack sportsmanship at times, and must be reminded to be respectful to opponents. Passing and receiving skills are well developed during team sports. They can perform a variety of manipulative skills using different speeds, directions, and levels. They can underhand serve over a volleyball net, and use both short-handled and long-handled implements without struggling. Sixth graders begin to engage in physical activity outside of school by themselves.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can perform fundamental manipulative/ball skills at the mature stage. • I can begin to combine manipulative/ball skills with movements to create more complex skills. (Ex. Lead passing) • I can demonstrate a basic understanding of offense/defense strategy. 	<ul style="list-style-type: none"> • Play sports games with friends or practice skills independently (such as shooting hoops). • Play net or target games with your child such as badminton, bocce ball, or four square. • Take a walk or jog afterschool before doing homework. • Go swimming in pool/lake/ocean. • Do push up/ sit up breaks during TV time. • Exer-tainment (Wii Sports, Wii Fit, DDR) • Stretch!

<ul style="list-style-type: none"> • I can understand the importance of being physically active outside of school. • I can demonstrate respect for all others, in an independent or dynamic environment. 	
--	--

Seventh Grade

Students in 7th grade enjoy a combination of independent, fitness-related activities and competitive sports games. Offensive tactics progress as students figure out that working as a team creates success. Marking an opponent on defense becomes easier because defensive sliding is mastered. Seventh graders also enjoy learning about exercises and activities that are good for their body. They want to improve their fitness levels and look forward to working on conditioning/strength. Self-motivation can easily be seen.

<u>I Can...</u>	<u>Home Activities</u>
<ul style="list-style-type: none"> • I can perform manipulative/ball skills with power and accuracy. • I can demonstrate a moderate understanding of offensive/defensive tactics and strategies. • I can transfer my knowledge of manipulative/ball skills to perform a variety of similar skills. (Ex. Forehand/backhand stroke) • I can demonstrate exercises from each of the 5 health related fitness components. • I can problem solve with a group of peers. 	<ul style="list-style-type: none"> • Find a sport or activity your child enjoys and participate in it regularly outside of school. • Encourage your child to stay afterschool with friends to use fields and hoops for practice. • Set up yard games to play with family and friends such as volleyball, badminton, cornhole, and ladderball. • Ride your bike or take a jog with your child everyday. • Create an individualized strengthening routine/circuit. • Explore the woods as a family. • Take initiative to make healthy food choices. • Go swimming in pool/lake/ocean • Exer-tainment (Wii Sports, Wii Fit, DDR)

Eighth Grade

Students in 8th grade love being able to show off their skills. They become very interested in personal overall fitness and nutrition. They want to know how to take care of their body. Competitive games become intense, because executing manipulative skills with power and accuracy is fully developed. Manipulative skills are often combined with complex movement to produce plays, such as throwing lead passes and faking out defenders. Eighth graders are aware of many offensive/defensive concepts to be successful. Fitness goals and planning workouts become meaningful, and students find satisfaction in completing rigorous workouts. Working

cooperatively with all peers and following safety rules becomes a non-issue to the teacher.

<u>I Can...</u>	<u>Home Activities</u>
<p>I can perform manipulative/ball skills in a dynamic, game-like setting.</p> <p>I can demonstrate numerous defensive strategies and tactics during game play.</p> <p>I can aim shots and passes with accuracy and power.</p> <p>I can create a complete personal fitness plan.</p> <p>I can participate in regular physical activity on my own.</p> <p>I can accept responsibility for improving my own fitness.</p>	<ul style="list-style-type: none">• Find a group of friends with common interests and make plans to play together three times per week• Create a weekly fitness plan and log your workouts• Be active for 60 min per day outside of school (either independently or with others)• Join local yoga/dance classes with family and friends• Get involved with school sports• Take long bike rides• Hiking/mountain climbing with family• Go swimming in pool/lake/ocean• Exer-tainment (Wii Sports, Wii Fit, DDR)