

East Physical Education Procedure

1. Classes enter the gymnasium quietly, go directly to their assigned warm-up spot, and show that they are ready to start class.
2. Attendance is taken and any questions or concerns are handled. Notes excusing students from participation are taken at this time.
3. Warm-up exercises, strength exercises, stretches, balances, dynamic movements, and endurance challenges are performed
4. We gather as a class in the middle of the gym to discuss the significance of the warm-up and establish the objectives for the day
5. The main class activity is explained, demonstrated, and then performed
6. Activities could be individual, partner, small group, or large group depending on the stage of skill development.
7. Consistent feedback and reinforcement is given during the course of the lesson to help students understand the task
8. Classes meet again in the middle of the gym to have a discussion. This time is spent highlighting positive things that happened during the course of class, and identifying areas for improvement going forward. East All-Stars are often highlighted at this time.
9. Students gather their belongings and line up for their teachers.

*Weather permitting, certain class activities and units are taught outdoors. We feel it is important to get the children active outside as often as possible.