

## **PHYSICAL EDUCATION PHILOSOPHY**

One of the stated philosophical goals of the Bow Memorial School philosophy is to develop the student physically, mentally, emotionally, and socially so that they might live at their best and serve society to the highest degree. Physical education attempts to contribute specifically to the physical development of the student by allowing them to participate in as much physical activity as possible in the scheduled time. The program also contributes to each student's own mental, emotional, and social development.

## **SPORTSMANSHIP**

Sportsmanship is one area of behavior in physical education class that will be greatly emphasized at Bow Memorial.

The following will be emphasized as the most important ethical ideal of sportsmanship:

- To win without boasting and lose without excuse
- To congratulate the opponent in defeat as graciously as in victory
- A dedication to the well-being of others
- A continuous sense of fair play, while competing by and within the spirit of the rules.

## OBJECTIVES

The objectives of the Physical Education Program are as follows:

- To encourage the participation of individuals in physical activity
- To provide students with an understanding of the rules of the activities offered so that they can not only participate, but also be a knowledgeable spectator as well
- To enhance in each individual the quality of leadership, self-discipline, and the ability to follow.
- To promote the development of leisure time activities
- To encourage the development of good health practices and attitudes
- To develop in students the following physical attributes:
  - Hand-eye co-ordination
  - Foot-eye co-ordination
  - Agility
  - Flexibility
  - Cardio-respiratory endurance
  - Muscular endurance
  - Muscular strength
- To develop in students the following social attributes:
  - Sportsmanship
  - Teamwork
  - A sense of fair play

# PHYSICAL EDUCATION PROGRAM

The Bow Memorial Physical Education Program follows a weekly schedule of:

Monday and Friday- **Fitness**

Tuesday and Thursday- **Activity**

Wednesday- **Game**

## FITNESS

The Bow Memorial Physical Education Program promotes the development and maintenance of a regular physical fitness program. Physical fitness is the ability of your whole body to work together efficiently, which means being able to do the most work with the least amount of effort. The positive results of a regular program of physical activity are feeling good about yourself, looking good, and being healthier and enjoying life more.

On Mondays and Fridays when class can be held outside, we will spend ten minutes of warm-up, five minutes of stretching, twenty-five minutes of walking/jogging, and five minutes of cool-down.

During the winter months, a series of fitness stations will be set up in the gymnasium that will promote the development of different aspects of fitness. These may include any or all of the following:

### Health Related-

- cardio-vascular
- flexibility
- muscular endurance
- strength

### Skill Related-

- agility
- balance
- co-ordination
- power
- reaction time
- speed



## GAME

Wednesday is game day. Students will participate in a competitive team oriented activity. The following areas of development will be emphasized:

- gamesmanship
- rules
- sportsmanship
- teamwork

Some possible games in which students may participate are indoor soccer, pillo polo hockey, basketball tag, team tag handball, kickball, whiffleball, horseshoes, bocce, short stix lacrosse, and relay races.

## ACTIVITY

Tuesday and Thursday are activity days. The four main activities offered as part of the Bow Memorial Physical Education Program are as follows:

- volleyball and related games
- racket sports (badminton, table tennis, and floor tennis...)
- ten pin bowling
- archery

The main objectives of each activity offered are:

**Physical** - the development of the student's agility, endurance, co-ordination and body mechanics.

**Social** - leadership, fair play, sportsmanship, cooperation, initiative, and integrity.

**Emotional** - the development of self-control, self-confidence, relaxation, and new interests.

**Leisure** - with the increasing amount of leisure time in modern society, skills and an appreciation of activities that can be used during these hours is important. Leisure time skills developed through physical education prepare the child for participating in recreational activities for the present as well as the future.

**Motor Skills** - the development of motor skills (fine and gross) in a wide variety of activities is essential to the total physical development and maturation of the student.

## **The President's Challenge**

A fifth activity offered as part of the Bow Memorial Physical Education Program is the President's Challenge. It is a physical fitness test devised by the President's Council on Physical Fitness and Sports.

The test has three different levels of achievement.

- Presidential Physical Fitness Award, given for outstanding achievement.
- National Physical Fitness Award, given for reaching a basic, but challenging level of fitness.
- Participant Physical Fitness Award, given for attempting the President's Challenge.

The President's Challenge consists of the following five events:

- Curl-ups - a measurement of abdominal strength/endurance
- Shuttle-run - a measurement of agility and explosive speed
- One mile run/walk - a measurement of cardio-vascular endurance
- Pull-ups - a measurement of upper body strength/endurance  
(The alternative event to pull-ups is the flexed-arm hang.)
- Sit and reach - a measurement of flexibility/elasticity in the lower back and hamstrings