

## ELEMENTARY INSTRUCTIONAL FORM

### Area: Physical Education

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#### I. PROGRAM PHILOSOPHY

A comprehensive elementary physical education program for all students has as its foundation a common core of learning experiences called basic movement education. The wide variety of movement skills learned will carry over into daily activities and learning opportunities. The students will participate in physical education activities that develop and sustain habits of adequate and continuous exercise, thus contributing to their overall physical and mental well being.

#### II. PROGRAM GOALS

To develop in students proficiency in movement skills, and a positive attitude toward personal involvement in physical activity.

To develop students with sequential instruction and related laboratory experiences that will help them to develop in a variety of physical activities.

To develop in students a level of physical fitness commensurate with individual capacities.

To help students understand the nature of rules, skills and strategies as they relate to physical education activities.

To develop in each student a positive attitude toward personal involvement in physical activity.

To develop in students physical health concepts relating to change in the body resulting from muscular and cardio-respiratory changes and their relationship to physical activity.

To provide students opportunities for participation in a variety of activities which helps them to develop acceptable social and emotional behavior.

#### III. PROGRAM ACTIVITIES

The purpose of the K-5 physical education program is to provide students with opportunities to develop competence in locomotor skills, apply these skills in all movement forms, and improve their knowledge and level of individual fitness.

The program should include, but not be limited to, knowledge and refinement of locomotor skills (walking, hopping, jumping, leaping, galloping, chasing, fleeing, dodging), and knowledge and improvement of individual fitness.

Students should participate in physical activities that develop and sustain habits of adequate and continuous exercise.

**IV. ORGANIZATIONAL NOMENCLATURE**

Teacher-Student Ratio 1:22  
 Total No. of Teachers 1  
 Total No. of Paras 0  
 Grade/Age Levels K-5  
 Hours Per Day Used 6.5  
 Student Capacity 30

**V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED USES**

**VI. SQUARE FOOTAGE CHANGES**

**VII. PROGRAM FACILITIES LIST**

Fish Code	No. of Areas	Description of Area	No. of Staff Per Area	No. of Students Per Area	No. of Students Total	Net Sq. Ft. Per Unit	Net Sq. Ft. Total
013	1	P.E. Storage				315	315
014	1	Covered Play Area				2650	2650

**VIII. PROGRAM FURNITURE AND EQUIPMENT LIST**

**IX. SPECIAL CONSIDERATIONS**

- (1) **Heating/Cooling/Ventilation**  
 In keeping with the rest of the school.
- (2) **Acoustical**  
 In keeping with the rest of the school
- (3) **Floor**  
 Tile

- (4) **Walls**  
Permanent
- (5) **Ceiling**  
In keeping with the rest of the school.
- (6) **Lighting**  
In keeping with the rest of the school
- (7) **Windows**  
N/A
- (8) **Doors**  
One wide door, no center frame (astragal) leading from the play area to the storage room.
- (9) **Walk**  
Two drinking fountains should be located within 100' of the play area. A shower with hot/cold water is needed in the teacher office area.
- (10) **Communications**  
Storage area: Communication is needed with the main office.
- (11) **Electrical**  
Storage area: In keeping with the rest of the school.  
Play area: All weather, lockable outlets accessible to hard surface area.
- (12) **Gas and Air**  
N/A
- (13) **Safety**  
All safety requirements per **SREP**(State Required Educational Facilities) shall be included as well as **CPTED** (Crime Prevention Through Environmental Design) principles.
- (14) **Fencing**  
Knuckled up 6' chain link fence surrounding all play areas.

**(15) Service Drives**

N/A

**(16) Parking**

N/A

**(17) Built-ins**

**A. Built-in work counter**

N/A

**B. Built-in cabinets/shelving**

Floor to ceiling metal adjustable shelving along three walls of P.E. Storage area to be used for equipment storage.

**C. Built-in Instructional Aids**

N/A

**D. Other Built-ins**

Hard surface area should be #2 asphalt over 6' limerock compacted base. Hard surface area should have at least 6 basketball goals with two goals 8' in height and the others 10' in height. The hard surface area should be lined for 4 courts. The two 8' baskets should be installed for one court. Additional lines should be color coded for regulation volleyball/tetherball.

The covered play area should conform to the specifications provided for in the construction of previously constructed facilities in the district. The sheltered play area should be located adjacent to the P.E. storage areas. There should not be any exposed nails through the roof, and consideration be given to netting being installed to take care of pigeon droppings.

**(18) OTHER CONSIDERATIONS**

Adequate consideration shall be given to potential erosion problems around hardsurface courts