



# Family Learning Guide: Physical Education

Marking Period 2: 11/2/20 - 1/29/21



# Welcome to the Family Learning Guide!



*Dear Families,*

*Thank you for reading this Family Learning Guide. We are excited to work with you as partners during these challenging times to ensure that all our students receive an excellent education.*

*As reflected in our district's strategic plan – The District Model of Excellence or DME – we are working hard every day to provide all our students with the resources that they need to thrive.*

*We have developed this resource to support student learning – especially at-home learning – and we are excited to work with you and develop more tools and resources to support your children in their learning.*

*Please reach out with any questions or concerns and suggestions on how to make this guide more useful in the future.*

*Your partners at Hartford Public Schools*



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Director of Arts and Wellness

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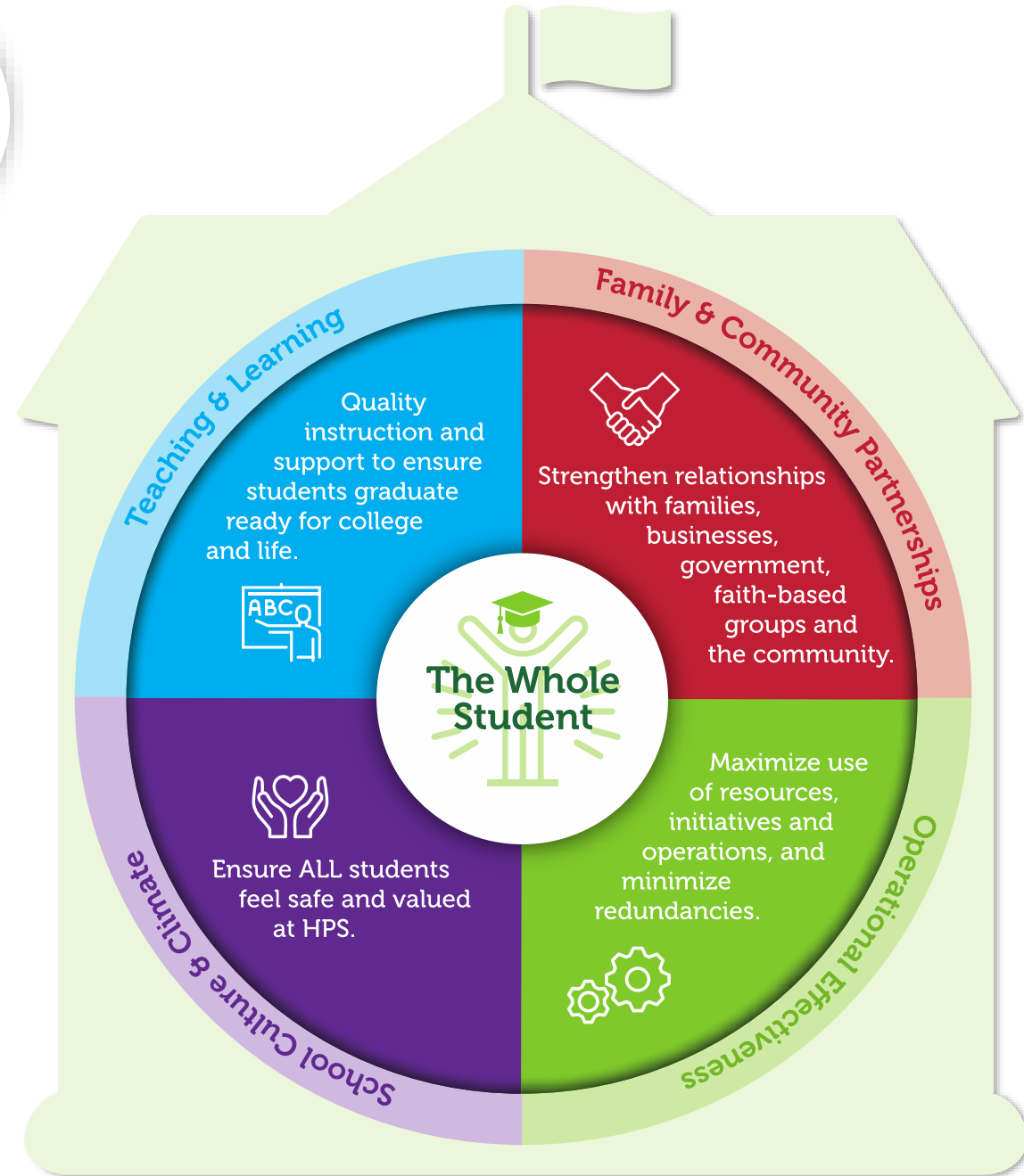
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We are committed to excellence and equity for all our students.



## The District Model of Excellence is our roadmap for providing every child in Hartford with access to a high-quality public school.

We are committed to **excellence** and **equity** for all our students. This means that we cannot and will not allow the pandemic to interrupt high quality instruction for our students.



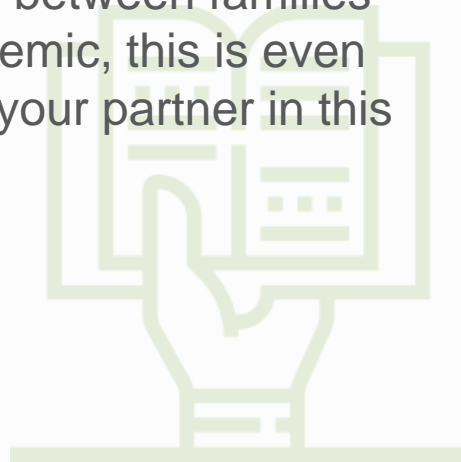
## Introducing the Family Learning Guide



### WHAT IS A FAMILY LEARNING GUIDE?

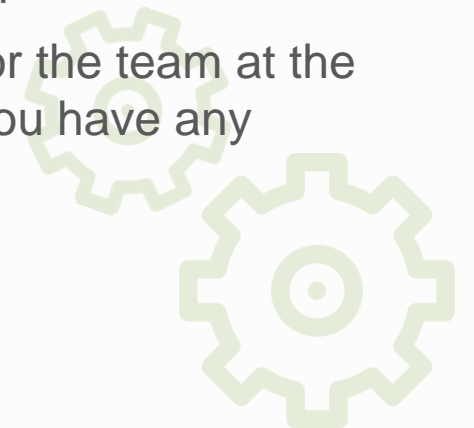
This is a resource developed by the team at Hartford Public Schools to provide you – our families – with an advance look at what your children will be learning in the coming weeks.

Learning requires partnership between families and schools. During the pandemic, this is even more true and we want to be your partner in this challenging time.



### HOW SHOULD YOU USE IT?

1. Review the sample learning objectives so that you can reinforce them at home;
2. Review the resources to support at-home learning so that you can make sure your children have the right supplies;
3. Reach out to your school or the team at the Hartford Public schools if you have any questions!





## UNIFIED ARTS FAMILY LEARNING GUIDE

**What are the marking period dates for this Family Learning Guide?**

11/2/20 through 1/29/21

**What are the specific units covered in this Family Learning Guide?**

1. Physical Education for Grades K-5
2. Physical Education for Grades 6-8
3. Physical Education for Grades 9-12



# Family Learning Guide Unit 1: Physical Education for Grades K-5



## Unit Topic(s): How can I live a healthy, active, and optimistic lifestyle?

Team Building/Ice Breakers, Pre-Fitness Testing, Physical Fitness Components, Fitness Walking

| WHAT ARE OUR LEARNING GOALS FOR YOUR CHILDREN?   | HOW WILL WE TEACH YOUR CHILDREN?   |
|--|--|
| <ol style="list-style-type: none"><li>1. I can contribute to my team's success by using positive communication with my peers.</li><li>2. I can demonstrate appropriate healthy behaviors by social distancing and making responsible choices.</li><li>3. I will be able to explain how to improve physical fitness</li><li>4. I can create a list of activities that builds fitness.</li><li>5. I can explain the benefits of physical activity/physical education.</li><li>6. I can describe and demonstrate examples of the health-related fitness components.</li><li>7. I can explain how the health components help improve my fitness level.</li><li>8. I can list the benefits walking will have on my personal health.</li><li>9. I can challenge myself to improve my walking distance and time.</li><li>10. I can value, self-express, and enjoy myself while walking.</li></ol> | <ul style="list-style-type: none"><li>• Team building activities according to age level, with social distancing or video, such as rock/paper/scissors, etc.</li><li>• Yoga and mindfulness</li><li>• Individual fitness routines</li><li>• Fitness logs</li><li>• Journal responses</li><li>• Fitness Pre-Testing (curl-ups, push-ups, running, flexibility)</li><li>• Goal setting to increase fitness levels</li><li>• Fitness walking/running</li><li>• Personal pursuits</li></ul> |
| WHAT RESOURCES WILL BE NEEDED TO SUPPORT AT-HOME LEARNING?   |  |
| <ul style="list-style-type: none"><li>• Access to a device and internet to follow along with the class and the teacher.</li><li>• Open space to move!</li><li>• No other equipment is necessary</li></ul>  |  |

# Family Learning Guide:

## Physical Education for Grades 6-8



### Unit Topic(s): How can I live a healthy, active, and optimistic lifestyle?

Team Building/Ice Breakers, Pre-Fitness Testing, Physical Fitness Components, Fitness Walking

| WHAT ARE OUR LEARNING GOALS FOR YOUR CHILDREN?   | HOW WILL WE TEACH YOUR CHILDREN?  |
|--|---|
| <ol style="list-style-type: none"><li>1. I can contribute to my team's success by using positive communication with my peers.</li><li>2. I can demonstrate appropriate healthy behaviors by social distancing and making responsible choices.</li><li>3. I will be able to explain how to improve physical fitness</li><li>4. I can create a list of activities that builds fitness.</li><li>5. I can explain the benefits of physical activity/physical education.</li><li>6. I can describe and demonstrate examples of the health-related fitness components.</li><li>7. I can explain how the health components help improve my fitness level.</li><li>8. I can list the benefits walking will have on my personal health.</li><li>9. I can challenge myself to improve my walking distance and time.</li><li>10. I can value, self-express, and enjoy myself while walking.</li></ol> | <ul style="list-style-type: none"><li>• Team building activities according to age level, with social distancing or video, such as rock/paper/scissors, etc.</li><li>• Yoga and mindfulness</li><li>• Individual fitness routines</li><li>• Fitness Pre-Testing (curl-ups, push-ups, running, flexibility)</li><li>• Goal setting to increase fitness levels</li><li>• Fitness walking/running</li></ul> |
| WHAT RESOURCES WILL BE NEEDED TO SUPPORT AT-HOME LEARNING?   |   |
| <ul style="list-style-type: none"><li>• Access to a device and internet to follow along with the class and the teacher.</li><li>• Open space to move!</li><li>• No other equipment is necessary</li></ul>  |   |

# Family Learning Guide:

## Physical Education for Grades 9-12



### Unit Topic(s): How can I live a healthy, active, and optimistic lifestyle?

Team Building/Ice Breakers, Pre-Fitness Testing, Physical Fitness Components, Fitness Walking

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|--|--|
| <ol style="list-style-type: none"><li>1. I can contribute to my team's success by using positive communication with my peers.</li><li>2. I can demonstrate appropriate healthy behaviors by social distancing and making responsible choices.</li><li>3. I will be able to explain how to improve physical fitness</li><li>4. I can create a list of activities that builds fitness.</li><li>5. I can explain the benefits of physical activity/physical education.</li><li>6. I can describe and demonstrate examples of the health related fitness components.</li><li>7. I can explain how the health components help improve my fitness level.</li><li>8. I can list the benefits walking will have on my personal health.</li><li>9. I can challenge myself to improve my walking distance and time.</li><li>10. I can value, self-express, and enjoy myself while walking.</li></ol> | <ul style="list-style-type: none"><li>• Team building activities according to age level, with social distancing or video, such as rock/paper/scissors, etc.</li><li>• Yoga and mindfulness</li><li>• Individual fitness routines</li><li>• Fitness logs</li><li>• Journal responses</li><li>• Fitness Pre-Testing (curl-ups, push-ups, running, flexibility)</li><li>• Goal setting to increase fitness levels</li><li>• Fitness walking/running</li><li>• Personal pursuits</li></ul> |
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