

ALEX FRANZ
PHYSICAL EDUCATION AND HEALTH EDUCATION SPECIALIST K-12:
CONTACT INFO/ BLOG/ AND MISSION STATEMENT AT HOLT

Contact Info/ BLOG/ Support for Fellow Colleagues and Parents/Guardians

Contact information:

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My Teaching Mission Statement and Expectations:

Throughout the school year, it is my goal to demonstrate my understanding of the central concepts, tools of inquiry, and the structures of my discipline utilizing the SPARK PE curriculum (that I adapted to fit my teaching style, student needs/and teaching environment, incorporated the modifications that I have made to my yearly lesson plans that made the units successful for ALL students, and met the learning needs of my students),and create learning experiences that make these aspects of my discipline accessible and meaningful for all learners K-5 to assure progress toward mastery of content towards meeting K-5 **National Standards “SHAPE AMERICAN NATIONAL PHYSICAL EDUCATION STANDARDS and OREGON CORE STANDARDS: PHYSICAL EDUCATION benchmarks/standards**. Further, it is my goal to plan instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community. In addition, it's my objective to provide a positive learning environment geared towards the elementary level. This reinforces fitness principles, provides knowledge, and showcases a variety of physical activities that are developmentally appropriate for the elementary grades, with the hope that each student will find a physical activity that they are interested in and can pursue throughout their lifetime. These activities span all five areas of the physical activity pyramid and can be enjoyed throughout a lifetime.

LESSONS AND UNITS

Throughout the 1st and 2nd semester, students will be exposed to a variety of physical activities. Each unit provided a positive learning environment geared for the elementary student while reinforcing fitness principles, highlighting sportsmanship and showcasing a variety of physical activities that are developmentally appropriate for the elementary students/grades, with the hope that each student will find a physical activity that they are interested in and pursue the physical activity throughout their lifetime.

These activities span all five areas of the physical activity pyramid and can be enjoyed throughout a lifetime.

The lesson focus for each unit that will be taught for grades K-2 and 3-5, in 3-4 week increments (except the rock wall/traverse wall Unit which was 6 weeks long), included:

- **K-2: building a foundation (this introductory unit/week establishes class environment, behavioral expectations of students, and management and organization protocols. It teaches principles that will provide the foundation of physical development for the elementary age child. Some of the motor development concepts addressed include: body and spatial awareness, locomotor and non-locomotor skills, directionality, pathways, levels, and tempos. To enhance their social and personal development, children learn to share, cooperate, take turns, and experience personal success through movement); team building activities; manipulatives unit (manipulation of various objects); catching and throwing unit (with foam balls, bean bags, fluff balls, or jelly balls and foam targets); rock wall/traversing wall unit; and hand dribbling, volleying, and striking unit (with foam balls and balloons); dance unit; pedestrian /bike safety and riding education unit (done in the gym using helmets; balance bikes; fake stop signs, fake stop light posts, a mock working traffic light, fake roads, fake cars, and cones for safety); and the kicking and trapping unit (using foam balls and pop-up soccer goals).**
- **3-5: the focus was on team activities and fitness for life: cooperatives week/unit (this introductory unit/week establishes class environment, behavioral expectations of students, and management and organization protocols focusing on team building); ultimate frisbee unit (using foam Frisbees); basketball unit; rock wall/traversing wall unit; volleyball unit (using beachballs and no nets to foster student success); dance unit; bike education unit; fitness for life unit; and soccer unit.**

Movement

Your student will demonstrate competency in fundamental movement patterns, applies movement concepts to the learning and development of motor skills.

Physical Activity and Health

Your student will exhibit a physically active lifestyle, knows the benefits of daily physical activity and understands and applies safety practices associated with physical activities.

Social Development

The student will understand fundamental components of games, sports, dance and gymnastics and develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Don't ever hesitate to call, and or email me. Another good way to see what's happening in PE is through my blog or on the school website. This is going to be a great year and I am SO excited to be working with your student(s).

Sincerely,

Alex Franz