

My Name is Mr. Ables, I joined St. Peters in August 2018 as the Physical Education teacher. I am a native of Washington DC, where I attended and graduated from Frank W. Ballou High School. I am an alumnus of Delaware State University and received my Bachelor of Science in Home Economics. I have been married for ten years to Cheryl Jones-Ables and have two daughters and granddaughter. I have been in the field of education for over 25 years as a teacher and administrator.



Goals for 2019-2020

My primary goal is for children to participate in and enjoy **moderate-to-vigorous physical activity (MVPA)** through activities in which students run, jump, dance, and move their whole bodies. These activities give children the opportunity to practice and use their general movement skills.

St Peters students will participate in Physical Education activities that will identify:

Pre-K - 5th

Movement Concepts & Skills

Kicking Skills

Loco motor Skills & Balance

Striking Skills

Toss, Roll, Catch, Throw, Dribble

Rhythmic Movements (Dance)

Scooters

Jumping

4th and 5th Graders will be introduced to team sports and

5th grade will be introduced to swimming

6th - 8th

Invasion Games Outdoors/Indoors

Rhythmic Movements/ Jumping

Team Sports

Striking (Softball, Volleyball, etc.), Dribbling (Soccer,

Basketball, etc.), Catching (Football, Softball, etc.)

Throwing/Rolling (Softball, Bowling, etc.), Track and Field

PE Electives

Volleyball, Track and Field, Softball

(other sports may be offered)

Each year St. Peters competes against Archbishop Neale School and St. Mary's Bryantown School in Volleyball, Track & Field and Softball. Students will learn the rules and obtain skills needed for each sport.

- *Students will participate in volleyball for the months of September and October. Students will obtain skills in other sports during the month of November.*

While participating in a sport students will:

Develop an understanding of the importance of sport in the pursuit of a healthy and active lifestyle.

Provide the opportunity to be inventive and creative in sporting activities.

Promote an awareness of and an ability to appreciate sporting performance and movement.

Develop an appreciation of the concepts of fair play, honest competition and good sportsmanship.

Develop the capacity to maintain interest in a sport or sports

Each student will be able to participate fully in the competitive, recreational and leisure opportunities offered outside the school environment.

Develop self-esteem and self-confidence through positive sporting experiences.