



Meet Miss Adriani:

My name is Miss. Adriani and I am a graduate from Towson University with a degree in Physical Education Teacher Education. I am certified in both Physical Education and Health. This will be my sixth year teaching and my fourth year here at St. Peter's. I plan to use my knowledge in both of these skill sets throughout the year with my students. I am currently a member at New Life Church in La Plata.

I have always possessed a passion for sports and exercise as a whole. I thoroughly enjoy serving others and working with children of all age groups. A lot of prayer and thought has gone into my decision to become a Physical Education teacher and I feel teaching is my calling. I believe that all students can learn and succeed in Physical Education class. Physical Education should have a fitness related frame work, but should touch on other areas as well. It is obvious that overall health and wellness in our society has been steadily declining from one generation to the next. Prevention has to start early with our youth. We need to instill the value of physical education at the earliest age possible. I want to be able to teach our youth to care about their bodies and wellness, and also to enable them to develop a greater appreciation for not only sports but also being active. Physical Education should be motivating and make students want to use what they learn in the classroom, outside of school. I want to enforce Christian values and positive moral standards in my classroom. I will teach students the importance of having good morals and values, such as being a respectful and honorable person with a high moral code of standards to live by to better themselves and others around them, on and off the court/field. I will teach these by demonstrating them in my behavior at all times, as well as helping them improve in areas of their behavior that is unacceptable. The bible tells us that, "Our bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; **20** you were bought at a price. Therefore honor God with your bodies"(Corinthians 6:19-20). I believe that one way we can honor God with our bodies is by making healthy nutrition choices and staying active among many other ways.

Some of the concepts we are going to be covering this year are, Weight Transfer & Balance, Volleying, Throwing and Catching, Striking with Short/Long-Handled Implements, Locomotor Movements & Movement Concepts, Pathways, Kicking and Punting, Jumping and Landing, Dribbling, Chasing, Fleeing, and Dodging, fitness principles/, fitness components(health and skill related), bio-mechanical principles, body systems, and nutrition. Inside of each of these concepts we will learn the history, rules, and skills of many sports that these concepts encompass. (*Concept involvement vary depending on grade level of your child*)

I look forward to working with your children this year and I am very excited about what lies ahead! Please feel free to contact me at any time.



Summer July-August

Remember to get at least 30mins of physical activity a day during the summer!! Have fun and relax see you next year!!

May/June

*** 3rd-8th grade students are FitnessGram testing for 4th Quarter



Prek -3rd Grade Chasing, Fleeing, Dodging Unit: At the conclusion of this unit all students will be able to travel in general and self-space safely, demonstrate understanding of Fleeing-traveling quickly away from a perusing person or object. Dodging-skill of quickly moving the body in a direction other than the original line of movement in order to avoid being tagger or moving around an moving object.

Chasing-traveling quickly to overtake or tag a fleeing person.



5th -8th Grade Track and Field Unit: Students will be familiarized with the various track and field events such as running events, relay races, and throwing events. Students will be able to relate how each event relates to a health or skill related fitness components. At the end of the unit students will participate in a mock track meet.

April



*** 3rd-8th grade students are FitnessGram testing for 3rd Quarter

Prek- 2nd Grade Throwing and Catching Unit: At the conclusion of this unit students will be able to execute proper technique and understanding of throwing such as stepping in opposition, underhand, overhand, side arm, and weight transfer. Students will be able to execute proper technique and understanding of catching including “giving” with the ball, catching above waist and below waist etc.

3rd Grade- 5th Grade Throwing and Catching Unit: At the conclusion of this unit all students will be able to execute proper technique and understanding of throwing, catching with and without a mit, understand the effects of newton's laws on the ball and forces behind it, demonstrate good sportsmanship at all times.

6th-8th Softball Ball Unit: By the end of this unit students will be familiarized with the various softball skills such as throwing, catching, bating, and rules of the game. Students will also become familiarized with the different health and skill related fitness components that relate to the sport of softball such as muscular strength, cardiorespiratory endurance, reaction time, coordination, speed, power, agility.

February/March



PreK-2nd Grade Kicking Unit: At the conclusion of this unit all students will be able to execute proper technique and understanding of kicking, kicking a stationary ball from a stationary position, kicking to a target, approaching a stationary ball and kicking, kicking on the ground, kicking in the air, kicking for distance, kicking to a target, kicking a rolling ball from a stationary position, starting and stopping, dribbling in pathways, and trapping in order to participate in modified games.

3rd Grade – 5th Grade Kicking Unit: At the conclusion of this unit all students will be able to show proper technique when striking (stepping in opposition/contact with middle/lower area of the ball) the ball with their foot (instep/inside), trapping the ball (chest/knee, foot), passing and receiving, and dribbling (general/self-space). Students will demonstrate understanding of offensive (cutting to open space), and defensive (zone/man to man defense, stepping to the ball) strategies, understand the effects on the ball that Newton's laws have on force and acceleration, know basic rules, terminology, and demonstrate acceptable sportsmanship in order to play in a modified game.

6th- 8th Grade Soccer Unit: At the conclusion of this unit all students will be able to execute proper technique in ball control, passing, shooting, offensive and defensive strategies, and rules to successfully compete in a soccer round robin tournament, also know basic terminology, rules, the effects of newton's laws on the ball, and demonstrate acceptable sportsmanship for competing in a round robin tournament.

December/January

***** 3rd-8th grade students are FitnessGram testing for 2nd Quarter**

PreK-2nd Grade Jump Rope Unit: At the conclusion of this unit students will be able to turn and jump with an imaginary rope, executing proper body position including hand/arm, and leg position, also know the teaching cues for turning the rope, while demonstrating good sportsmanship and being mindful of their surroundings at all times.



3rd-8th Grade Football/Quarter 2 FitnessGram Testing: Students will participate in FitnessGram for the 2nd Quarter to assess cardiovascular endurance, muscular strength and endurance, and flexibility. At the conclusion of the two hand touch/flag football unit all students will be able to execute proper technique and understanding of throwing, catching, punting, route running, positions, offensive and defensive strategies, and rules to successfully compete in a flag football round robin tournament, also know basic terminology, rules, the effects of newton's laws on the ball, understanding of team member jobs, and demonstrate acceptable sportsmanship for competing in a round robin tournament (depending on grade level).

October and November In P.E.

***** 3rd-8th grade students are finishing up FitnessGram testing for 1st Quarter**

Prek-2nd Grade: Volleying Unit: By the end of the unit students will be able to execute proper technique in the skills of striking a ball continuously with different body parts, volleying with feet (aerial soccer), striking to a wall, volleying over a net, volleying continuously to a partner, serving underhand over a net, spiking downward with force, playing modified volleyball. Students will be able to demonstrate understanding of basic rules, terminology, safety considerations, and demonstrate good sportsmanship in order to compete in modified volleyball games.





3rd-5th Grade Lacrosse Unit: At the conclusion of this unit all students will be able to execute proper technique in ball control: cradling, stick grip, ready position, throwing motion release, scooping, catching, passing, shooting, offensive (on and off the ball) and defensive strategies, and rules to successfully compete in modified lacrosse games

6-8th Grade Lacrosse Unit: At the conclusion of this unit all students will be able to execute proper technique in ball control: cradling, stick grip, ready position, throwing motion release, scooping, catching, passing, shooting, offensive (on and off the ball) and defensive strategies, and rules to successfully compete in a lacrosse round robin tournament, also know basic terminology, rules, a brief

history of the sport as it is known to be America's first sport. Originating with the North American Indians and adapted by the Canadians, identify the lever system (III class levers) that relates to the catch and release of the ball, the effects of Newton's laws on the ball, and demonstrate acceptable sportsmanship for competing in a round robin tournament.

September In P.E.



Pre K-3rd Locomotor Movements/Pathways/Levels Unit:

Students will learn about traveling using locomotor movements (hop, skip, jump, walk, gallop, leap, slide, and run) and non locomotor movements (swing, twist, turn, shake, bend, stretch, wiggle, swing), pathways (straight, curvy, zigzag) in varying directions (right, left, under, over, around, through) levels (high, medium, low).

3rd-5th Grade Volleying Unit: By the end of the unit students will be able to execute proper technique in the skills of striking a ball continuously with different body parts, volleying with feet (aerial soccer), striking to a wall, volleying over a net, volleying continuously to a partner, serving underhand over a net, spiking downward with force, playing modified volleyball. Students will be able to demonstrate understanding of basic rules, terminology, safety considerations, and demonstrate good sportsmanship in order to compete in modified volleyball games.



6th-8th Grade Volleyball Unit: By the end of the unit students will be able to execute proper technique in the skills of bumping, setting, spiking, forearm passing, serving (overhand/underhand), blocking, and game play rotation. Students will be able to demonstrate understanding of basic rules, terminology, offensive and defensive strategies, safety considerations, and demonstrate good sportsmanship in order to compete in a round robin tournament.

