



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. I am currently working on my master's degree in leadership in teaching. This will be my 7th year teaching and my 5th 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

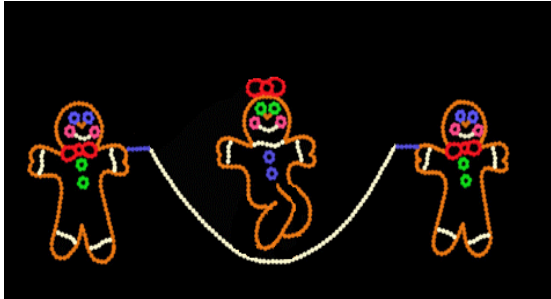
Education should have a fitness related frame work, but should touch on other areas as well. It is obvious that overall health and wellness in our society has been steadily declining from one generation to the next. Prevention has to start early with our youth. We need to instill the value of physical 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.

December/January in P.E.

*** 4rd-8th grade students are FitnessGram testing for 2nd Quarter



PreK-3rd 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.



4rd-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).

February in P.E.

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



Basketball Unit: Prek-3rd Grade: Dribbling at different levels, dribbling with both non dominant and dominate hand, dribbling with body in different positions, dribbling while changing directions, dribbling in different pathways, dribbling and dodging, passing: chest pass, bounce pass, overhead pass, baseball pass, shooting, and basic game play strategies and rules in order to participate in modified basketball games.



Basketball Unit 4th-8th Grade: Refine and develop skills in passing: chest, overhead, baseball, bounce pass, receiving, dribbling, shooting, defensive and offensive strategies, team building in order to participate in Basketball scrimmages.

March In P.E.



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.

November In P.E.



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 know 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/October In P.E.

*** 4rd-8th grade students are finishing up FitnessGram testing for 1st Quarter



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).

4th -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.





