



KIDS ON THE MOVE

Bellevue School District Elementary Physical Education

Let's Get Ready for Fitness!

To ensure your child's safety and maximum participation, we ask that you prepare your child for class by:

- Providing athletic shoes that fasten with lace or Velcro
- Dressing your child in comfortable clothing for maximum movement
- Making a note to remember their PE day!



Physical Education Focus

Students in grades K-2 will focus this trimester on developing fundamental movement patterns, refining locomotor skills, and learning to work safely in group and individual settings in the gym. Students learn how to make good decisions about simple health issues, nutrition, to respect others, follow school safety rules and be responsible.

Students in grades 3-5 will make continuous progress across all fundamental motor skills and movement concepts. Students learn to identify the components of health-related physical fitness and set simple personal fitness goals for promoting personal health with their fitness assessments. Students will not be comparing their fitness scores to standards, but on how to set a goal and work toward fitness improvement. Students begin to understand how their life decisions can impact their health and wellness now and in the future. Fitness and Health concept units covered throughout the year for all students include Heart Health, Muscle Fitness, Flexibility, and Nutrition.

Check Out the PE Curriculum

- Visit: <https://d2l.bsd405.org/>
- Login with the username of your student's network login of s- and the student's last name and first initial. *For example, Jane Doe would use s-doej*
- The password is s# and the student's ID. For example: s#123456
- On the right hand side of the screen, select "PE Grade _"



Heart Health Facts

1. Your heart is about the size of your fist and weighs about as much as a softball.
2. The heart pumps about 100 gallons of blood through the body each hour.
3. The heart does more physical work than any other muscle in the body.
4. The study of the human heart is called cardiology.
5. Your heart rate is the number of beats per minute.



Physical Education Mission Statement

To provide a safe, positive, and successful learning environment for **all** students, through active participation and cooperation to maintain a healthy, active, and enjoyable lifestyle.