Welcome to

Harding Physical Education

Mission Statement:

The Des Moines Public School District’s Physical Education Program enhances each student’s total wellness through intellectual, social, emotional, physical, and spiritual development.

Harding Vision:

to be an innovative school that empowers each student to be academically, socially, and emotionally prepared for life.

Instructor: Ms. Penquite, Mr. Evans, Mr. Boston

Room: Gym

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**Course Outline**

* **August**: Harding and Physical Education Expectations
* **September**: Football Skills
  + , Passing, Catching, Kicking, Punting. Ultimate Football, Team Collaboration and Game Strategies
* **October**: Volleyball Skills
  + Bumping, Setting, Passing, Team Collaboration and Game Strategies
* **November**: Basketball Skills
  + Dribbling, Passing, Catching,Team Collaboration and Game Strategies
* **December**: Low Organizational Games
  + Timberwolf Ball
    - Air dribbling and striking a volleyball to hit the target area.
  + Wall Soccer
    - Dribbling, passing, and striking the ball to hit the target area.
  + Kick Ball
    - Kicking, Throwing, Catching, Base running, and Team Collaboration
* **January**: Rail Yard & Pickleball
  + Rail Yard: Balance, Creativity, Coordination, Strength, Flexibility, Cardiovascular Endurance, Creating Individual Challenges While

Accomplishing Movement Tasks.

* Pickle Ball: A Paddle Sport That Combines Elements of Badminton, Tennis, and Ping Pong. Striking The Ball With a Small Implement While Learning, Judgement, Control, and Strategy.
* **February**: Badmitten
  + Striking The Birdy With a Long Implement While Learning, Judgement, Control, and Strategy. A Game in Which a Birdy is Played Back and Forth Across a Net.
* **March**: Floor Hockey
  + Striking a Puck With a Long Implement. Dribbling, Passing, Controlling, Aiming, Team Collaboration and Game Strategies.
* **April**: Soccer
  + Dribbling, Passing, Trapping, Goal Kick Accuracy, Team Collaboration, and Game Strategies.
* **May**: Baseball/Softball
  + Batting, Throwing, Catching, Team Collaboration and Game Strategies.
* **Health and Wellness Classroom**:
  + We are offering a new Physical Education class this school year!
    - The Health and Wellness Physical Education Class is a less competitive, more fitness minded class. The focus is more on wellness and fitness.

**Grade Breakdown**

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| --- | --- |
| **Evidence Shows the Student Can..** | **Topic Score** |
| Demonstrate all learning targets from Level 3 and Level 4 | 4.0 |
| Demonstrate all learning targets from Level 3 with partial success at Level 4 | 3.5 |
| Demonstrate all learning targets from Level 3 | 3.0 |
| Demonstrate some of the Level 3 learning targets | 2.5 |
| Demonstrate all learning targets from Level 2 but none of the learning targets from Level 3 | 2.0 |
| Demonstrate some of the Level 2 learning targets and none of the Level 3 learning targets | 1.5 |
| Demonstrate none of the learning targets from Level 2 or Level 3 | 1.0 |

What Can Parents do to Help Their Student Be Successful in Physical Education at Harding Middle School?

* Provide opportunities for your students to participate in at least 60 minutes of physical activity a day!
  + Sign your students up for sports or activities
  + Go for walks
  + Play at a park
  + Jump Rope
  + Dance
  + Tumbling
  + Bike
  + Reduce/Eliminate sugary drinks and junk food
  + Be Creative!