

THE 2005 CALIFORNIA PHYSICAL EDUCATION PROGRAM OF THE YEAR

*A California
Demonstration
Program*



*Go Mustangs!!!
Sprint to the Future!*

6th, 7th, and 8th Grade

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OUR MISSION

The Physical Education Department sees as its *mission* to provide **all children** with a quality instructional program, in a **safe, secure, and caring environment**, so that they will demonstrate the **intellectual, physical, social, and emotional** outcomes necessary to be happy and successful in a changing, diverse world.

GOALS

To provide an instructional program that will promote the learning of:

- *Movement Skills and Movement Knowledge*
- *Positive Self-Image and Personal Development*
- *Social Development & Character Development*

Ours is an integrated, multicultural and humanistic approach that allows each student to be exposed to a wide variety of physical skills in a diverse range of sports and physical activities. This promotes the full development of the student's abilities and prepares her/him to be fit for life.

PROGRAM OUTLINE

While our emphasis is on Physical Education, we offer an interdisciplinary component and stress social skills and character development. We give target heart rate assignments using math skills to compute percentages and chart fitness development. Students learn the history of sports and practice skills through activities and assignments emphasizing personal goals and improvement as well as cooperative partner and group work. Students keep journals and folders to record or chart progress and attitude development.

SOCIAL SKILLS PROGRAM

Group initiatives and activities from the nationally recognized Project Adventure Program provide a quality social skills and character building program in a physical education setting. The program reinforces the social skills of encouragement, courtesy, compliments, helpfulness, caring, knowing names, and active listening. Each day is filled with a variety of activities that are directed toward teaching each of the above skills and are fun at the same time. Each class period is concluded with the teacher processing, with students, the goals of the lesson, its application, and what they learned from it.

6th Grade

Emphasis is on working cooperatively to achieve a common goal, building foundations for physical, social and mental health.

FOCUS: Health and Skill Related Fitness.

Activities

- * Social Skills through Cooperative Games
Project Adventure (Building the Learning Environment)
- * Trust & Teambuilding (2nd semester)
- * Introduction to Physical Education,
- * Fitness Education & Assessment,
- * Rhythms (tinikling, jump rope, jump bands),
- * Circus Skills
- * Striking Skills (with the body and an implement),
- * Toss-Throw-Catch Skills
- * Frisbee Skills (a variety of throws & catches)
- * Half -Court Basketball Skills
- * Orienteering
- * Body Management (stunts & tumbling)

7th Grade

Emphasis is on meeting challenges and making decisions in our diverse world.

Activities

FOCUS: Health Related Fitness.

- * Social Skills /Project Adventure
(Building the Learning Environment)
- * Trust & Teambuilding (2nd semester)
- * Fitness Education/Assessment
- * Racquet Skills
- * Golf Skills
- * Combatives/Self Defense
- * Dance (A multicultural Emphasis)
Step Aerobics
- * Juggling (individual & partner)
- * Track - Emphasis on the running events
(sprints, relays, hurdles, distances)
- * Volleyball skills
- * Cricket.

8th Grade

Emphasis is on working as a team to solve problems to prepare for the future.

Activities

FOCUS: Skill Related Fitness.

- ∞ Social Skills /Project Adventure
- ∞ (Building the Learning Environment)
- ∞ Trust & Teambuilding (2nd semester)
- ∞ Fitness Education/Assessment
- ∞ Team Handball
- ∞ Ultimate Frisbee
- ∞ Lacrosse
- ∞ Floor Hockey
- ∞ Soccer
- ∞ Volleyball
- ∞ Basketball (full court skills & strategies)

- ∞ Track & Field Events - Emphasis on the field events (discus, javelin, shot put, long jump, hammer throw)
- ∞ Dance (country, Line, and more)
- ∞ Step Aerobics

CALIFORNIA DEMONSTRATION SCHOOLS

There are more than 13 Physical Education Demonstration Schools in California. They all follow the State Framework and are recognized as **exemplary programs**. They strive to reflect state-of-the-art teaching strategies and curriculum that are consistent with current educational research. Each program is directed toward stimulating all students to solve problems. The basic purpose of the demonstration school is to have the successful ideas and practices in education shared with colleagues around the state.

PROGRAM HIGHLIGHTS

- Small-sized classes with a personalized, student-centered approach.
- Regular cardiovascular endurance training
- Diverse skill work in sports and other physical activities
- Strength and conditioning practices.
- Optimum stretching/warm-ups and cool-downs, preventing injuries
- Student enrichment and recognition events
- Notebooks with journal writings, including personal logs charting improvement in fitness tests, fitness runs, etc. leading to student portfolios
- Diverse student population from around the world
- Peer tutoring
- Self, peer and teacher assessment
- Safe learning environment — both physical & psychological.

A person who is physically educated . . .

Has learned skills necessary to perform a variety of physical activities.

Is physically fit.

Does participate regularly in physical activity.

Knows . . . the implications of and the benefits from involvement in physical activities.

Values . . . physical activity and its contributions to a healthful life- style.

The Physical Education Department is staffed by teachers dedicated to every students improvement as a member of the human race. We regularly attend workshops, conferences, and in-service trainings to keep abreast of the field in all areas — knowledge, teaching methods and practices. *We try to be the best as we expect our students to be the best.*

Edward Banke II, dynamic Department Chairman, has taught since 1999 after successfully student teaching at VNMS. Graduate of CSUN and Universal Technical Institute in auto and diesel engineering. Youth leader for 20 years. Hobbies include: volleyball, mountain biking, roller blades, rock climbing, water skies and snow boards in his spare time. Coordinated the 7th grade student council. Happily married with two beautiful girls.

Betsy Klein, began teaching in '84 in Physical Education and MS/HS counseling. "B" level bilingual fluency. Attends PE state conferences and

workshops. CSUN graduate with Masters in Counseling from Cal Lutheran. Likes traveling, writing poetry, and is a UCLA fan.

Mark Hayes, Has been teaching at VNMS since 2000. Subjects taught: Physical Education, Social Studies, and Leadership. Graduate of CSU-Chico (football player). Cal. Credentialed from National University. Hobbies: acting, lifting weights, and playing golf. Happily married with two wonderful children.

Keli Koppel, taught since 1979 and VNMS since '84, B rating bilingual, Cal Poly- San Luis Obispo Workshop committee member, participates in PE Conferences yearly, attended the University of Hawaii , and CSUN graduate. Likes boogie boarding and surfing, animals and nature. Speaks Hawaiian and American Sign language, and works as a Lifeguard in the summer.

Kurt Krueger, has taught at the secondary level in social studies and physical education, and university level in Psychology & Physical Education since 1969; All-American swimmer and Senior Olympic multiple gold and silver medalist and coach of world record holders; director of the *Institute of Sports Psychology*; joyously married with 2 young boys; B.A. - University of Colorado and M.S. Ed. - Mt. St. Mary's College. He is a National Board Certified Teacher. Has been on the School Site Council and Technology Team for numerous years. He likes backpacking, camping, hiking, swimming, storytelling.

Jason Mikels, began teaching in 2000 Graduated from Azusa Pacific University in Physical

Education, California credentialed from CSUN. Volunteers as a middle and high school youth leader. Hobbies include: snowboarding, volleyball, golf, basketball and softball. 5th year at VNMS. Happily married with two young children.

Veronica Acosta played softball for the Division II National Champions at Humboldt State University. graduated from there in 1999 and from CSUN's credential program 2002. Since then, she has taught at Lincoln MS in Santa Monica. She was recognized as Student Teacher of the Year and has extensive training in rock climbing and swimming. She demonstrates how to live a long and healthy life through her Health Education classes. Enjoys the outdoors and hobbies include: snowboard, surfing, hiking, salsa dancing and knitting. :) Her presentation at CAHPERD on Hip-hop Basketball was highly acclaimed.

Donations are graciously accepted and may be written off to the full extent of the law. We need: heart monitors, **a climbing wall, Ropes Course,** athletic equipment, etc.