



Riker Hill Physical Education

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Welcome to RHE Physical Education! My name is Jason Tahan and this is my 23rd year teaching Physical Education. Mrs. Gronek and I will be working to encourage healthy habits and teach students that movement is fun. The goal is for our students to be confident, physically literate and choose to be active for a lifetime!

We are looking forward to an exciting year!



Grades K– 2

Movement Exploration
Personal/Social Responsibility
Stretching & Mirroring
Locomotor Skills
Non-Locomotor Skills
Parachute Activities
Cooperative/Modified Games
Dribbling
Tossing
Catching
Rolling
Throwing
Kicking
Striking
Dodging/Tagging
Chasing/Fleeing
Gymnastics/Tumbling
Climbing / Whittle
Physical Fitness Exercises
Jump Rope/Rhythms
Health Education
Safety

Grades 3–5

Personal/Social Responsibility
Locomotor Skills
Non-Locomotor Skills
Manipulatives
Cooperative/Modified Games
4 Square
Soccer Skills
Football Skills
Basketball Skills
Baseball Skills
Gymnastics/Tumbling
Volleyball skills
Jump Rope/Rhythms
Climbing/Whittle/Rock Wall
FITNESSGRAM Testing
Invasion Games
Physical Fitness Exercises
Health/Skill Related Fitness
Pace/Rhythmic Breathing
Heart Rates
Health Education
Safety

The CDC recommends that each child gets at least 60 minutes of moderate to vigorous exercise daily. Recommendations for adults are 150 minutes per week. Your child receives Physical Education classes twice a week.

What You Can Do?



Move and play with your child as much as you can and model good healthy habits. Now is the time to create these habits!

Emphasize the importance of following directions and giving their best effort. Ask your child what they learned each day.

If your child has any health concerns, please let me know, as I will adapt the activities to fit his/her needs. If your child cannot participate due to illness or injury, a parent note needs to be sent to the PE teacher or Nurse. Any additional missed classes will require, a doctor, note. Your child, health and safety are our top priority!

Help your child come to Physical Education prepared with sneakers and comfortable play clothes. Please help your child learn to tie their shoes as this will help them be safe while participating. Please have your child bring sneakers in their book bag if they must wear sandals or boots to school.

What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:

What this means to me:

1

demonstrates competency in a variety of motor skills and movement patterns.

I have the skills to move and play.

2

applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

I show that I know how to move and use a plan when I play games.

3

demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

I show that I know how to get fit and stay fit.

4

exhibits responsible personal and social behavior that respects self and others.

I act fairly and respectfully when I play.

5

recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

I know why it is important to be physically active.