

**MIAMI-DADE COUNTY  
PUBLIC SCHOOLS**

**PHYSICAL EDUCATION  
DEPARTMENT**

**FLORIDA STANDARDS  
LESSON AND ACTIVITY  
MANUAL**



MIAMI DADE COUNTY PUBLIC SCHOOLS  
**PHYSICAL EDUCATION**

2018-2019

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## **SAFETY**

The safety of our students is a critical factor in the development of any physical education program. It is important to recognize that there are general safety practices that must be followed at all times during physical education classes.

These include the following:

- Proper school uniform attire must be worn by each student. Loose clothing or shoes do not offer support for the physical education playing surfaces and activities.
- All equipment and facilities must be inspected regularly and maintained in good working order.
- Allow sufficient space between playing groups.
- Teach students to be aware of their surroundings even if they are not participating in the activity.
- No eating of any kind should occur during activities.
- Teach students about starting and stopping an activity with a signal, such as a whistle.
- Suggest to students that personal items and school materials should be left in the classroom.
- Create a plan for students when there is a fire drill, lock down, lightning, or rain and practice these drills throughout the year.
- Ask the classroom teacher for a list of students with medical conditions
- Some teachers send out their own letters to parents for medical information on their students. (Sample letter is on pg. 5)
- Establish a pick-up and drop-off point for the teacher and students which gives you a visual contact with the teacher and students.
- Practice arrival and dismissal procedures during the 1<sup>st</sup> week of school
- Go over physical education classroom rules with the students

# **CLASSROOM MANAGEMENT**

Classroom management skills is an essential factor for effective instruction. Students need organization and structure allowing maximum time for physical education class. The utilization of effective classroom management techniques allows for increased productivity from both students and the teacher.

## **Principles of Effective Management**

- **Develop Rules and Consequences**
  - Establish 3-5 rules
  - Avoid being rule specific
- **Establish Efficient Routines**
  - Stopping and starting
  - Retrieving/returning equipment
  - Grouping
  - Lining up
  - Notes, injuries, etc.
- **Acceptable Behavior**
  - Deliver specific positive feedback
  - Use names
  - Provide reinforcement
- **Be Active**
  - Model enthusiasm for activity
  - Move randomly, but purposefully
  - Stay on the perimeter
  - Stop in different areas
- **Develop Effective Lessons**
  - Deliver concise directions
  - Develop efficient transitions
  - Address equipment issues
- **Reflect**
  - What did I do?
  - Did it work?
  - Could I have more effective?

## SAMPLE PARENT LETTER

School Name

Teacher Name

Teacher Contact Information

We are looking forward to an active, healthy new school year and would like to inform you of the rules and procedures for our Physical Education classes. Some activities will take place under the shelter; however, others will take place on the court or field. Hydration and skin protection is very important. The following items are strongly recommended: sun block prior to PE class, hats, only during PE and most important, **a filled water bottle with name on it (only water please)**. We really do appreciate your cooperation and understanding to benefit your child.

We want each child to be able to participate fully in our PE class therefore, all students are required to wear sneakers or rubber bottom shoes – those with a flat bottom and the foot fully covered at all times. This is a safety issue. It is suggested that girls wear shorts under their skirts/dresses and boys wear belts. Throughout the year, your child may dress up for special events and he/she will be required to change into appropriate clothing to participate on the days they have PE. Any student who is dressed inappropriately and/or unprepared will not participate in PE and their grade will be lowered for that day.

We ask that your child leave their toys at home. This will prevent them from losing them or causing distraction to others and to the teacher, as well as allowing them to perform at their best. They need their hands free for PE.

Students who come to school ill or injured and cannot participate in physical activity are required to bring a **parental excuse note on the days they have PE**. If your child cannot participate for more than 1 week, a doctor's note is required. Please ask your child's doctor to be specific as to the amount of activity or what your child can/cannot do, as well as when they can again fully participate in class. ***Any student with a chronic medical situation such as asthma, heart condition, allergies, etc. should have a medical form completed by your child's doctor.***

Your child's doctor should be familiar with the M-DCPS form. Feel free to see the PE teacher for a form or you can go online at [www.dadeschools.net](http://www.dadeschools.net) and look up records and forms. The form number is 3685. Please understand this helps us in modifying your child's physical activity appropriately and safely.

Parents/Guardians are required a dismissal pass if picking up a child for whatever reason that may arise, such as doctor's appointments, illness, early dismissal, etc.

Sample Letter Courtesy of Susan Pierpoint and Nancy Hoffstetter

## **CLASSROOM ORGANIZATION**

Classroom organization is a major factor in establishing structure for your classes for all aspects of your physical education program. Teachers will need to choose a system that works best for you and your facility. Below are suggestions for your physical education area:

Teachers can create spots for their students using:

- spot markers
- numbers
- painted dots
- cones

Teachers will also want to create squads or rows. These squads or rows can be created by alphabetical order of your class list. A seating chart of your squads or rows can also be helpful in the first few weeks of school to get acquainted with your students' names.

Teachers will want to designate an arrival and dismissal area for their classes. These areas should be visible to both the physical education teacher and classroom teacher. Students should practice lining up in these areas during the first week.

## **Warm Up Exercise Routines**

Stretching Exercises

Jumping Jacks

Mountain Climbers

Running in Place

Squats

Push-Ups

Squat

Lunge

Burpees

Plank

Curl-ups

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