



SPOTLIGHT ON PHYSICAL EDUCATION with Mrs. Serra



Each month we will shine the spotlight on a different subject or grade level. This month we take a look at our Physical Education program with Mrs. Kristi Serra. Mrs. Serra was nominated for the Golden Apple due to her tremendous dedication to creating an excellent P.E. program that teaches all of our students the importance of physical activities that will impact their lives positively throughout their lifetime. She also does an excellent job of tying P.E. classes to the rest of the curriculum. Please read the following from Mrs. Serra herself!

I am very proud of the Physical Education program that has been established at St. Mary Cathedral School. My primary goal as the teacher is to make the Physical Education setting an exciting, positive, fun, challenging, and educational place where students look forward to participating. All daily lessons and special activities are planned in accordance with the Lafayette Diocesan Physical Education Curriculum Guide, the Indiana Academic Standards for Physical Education, and the National Standards for Physical Education. As a result, all children participate in developmentally appropriate activities that help increase their physical competence, self-esteem, and joy of being physically active no matter what their physical abilities may be. In order to achieve that,

I incorporate a variety of activities into the curriculum including fitness, fundamental movement exploration, rhythm and dance, gymnastics and tumbling, drama and creative play, relays and simple games, as well as individual, dual, and team sport activities. In addition to the physical development of our students, I strive to teach good sportsmanship, teamwork, social skills, and character development, all of which are needed to be productive members of our school and our society.



Mrs. Serra explaining the Stations during our "Field Day"

Your child(ren) will have Physical Education on Tuesdays and Thursdays for 30 minutes. In grades K and 1, the program emphasizes the acquisition of the basic locomotor (walking, running, jumping, hopping, galloping, skipping, etc.) and manipulative skills (catching, throwing, kicking, rolling, striking, etc.). The children are then taught how to use these fundamental skills in games and sports, gymnastics, and various forms of rhythmical movement while in Grades 2 & 3. While my primary instructional emphasis is on physical development, I also offer an interdisciplinary component and stress social skill development. The children will learn new



Fun at our Bowling Field Trip!

P. E. Words each day, participate in weekly P. E. Poll questions, study P. E. Places, and complete P. E. Homework. I will be placing particular emphasis on Sportsmanship this year and have created the "Sportsmanship Academy" from which all students will graduate after completing specific grade-level tasks. I will also post P. E. Pictures to my teaching web site on a regular basis so that you can observe our participation in each of the exciting activities I have planned this year. For additional information regarding my schedule, daily plans, and other special activities, please visit my virtual office at <http://physedteacher.home.comcast.net>. If you have questions or concerns, please do not hesitate to contact me at any time via my personal email address at PhysEdTeacher@comcast.net.