

### ***Sumpter Health Club***

Salem Keizer Schools Physical Education Programs are based on the National and State Standards and becoming self-reliant learners.

We teach Fitness Education, Movement Skills, and Self-Management. Brain Gym Activities are also incorporated and Healthy lifestyles/Nutrition whenever we can. We start with the kid's natural passion of play which takes them quicker along the path and often more enjoyable with the result of liking to move on his/her individual terms and traits.

Fitnessgram/ Cooper Institute: The assessments that Salem Keizer Schools uses for fitness. 4<sup>th</sup> and 5<sup>th</sup> grades.

Movement Skills/ Scoring Guide: Low Progress, Developing, Proficient, Excels.

Self-Management: Goal of being Frequently, Consistently or Always in the areas of: Corrects Errors, Accepts Others, Problem solver, Enjoys, Stays on task, Safe and Cooperative.

“Jellyfish” is when a student is making poor choices. At Exercise corner, 3 ways to get back into class: Exercises, Think Sheet, Compliment Sheet.

Clip Chart: Exit Strategy: Based on a. Being good learners and not interfering with the learning of others b. Staying on task with honest effort for you c. Following the Health Club rules and routines.

Safety: Need supportive tennis shoes and shorts under skirts and dresses. Without the safe supportive tennis shoes the student is limited to only some of the activities and/or exercise corner.

“The passion of stretching *yourself* and sticking to it, even when it is not going well is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives.”

“To Teach is To Touch Someone's Life Forever”

Thank you, Jane Morris and Holly May