

## Basswood Physical Education overview



Physical education encompasses the development of the total child through psychomotor, cognitive, and affective domains of learning.

A student's growth and development is guided through quality participation in these three domains.

Program goals are determined by the three major domains of learning:

1. The **psychomotor** domain includes the development of all physical and neuromuscular skills.
  - application of physiological and biomechanical principles
  - motor and fitness skills that are necessary for continued participation in leisure and recreational activities
2. The **cognitive** domain includes the knowledge, understanding, and application of information necessary for choosing activities that promote a healthy lifestyle.
  - physiological, biomechanical & social principles
  - problem-solving, decision making, creativity
  - knowledge of language, rules, games, strategies, and etiquette: cultural knowledge & history of some activities
3. The **affective** domain includes the social aspects (emotion, feeling, attitude, value, model, appreciate) of learning.
  - positive group interaction and communication

- respect for self and others; sportsmanship, fair play, and competitive & cooperative actions

Our aim is to enhance motor skills and basic knowledge and to provide the social interaction necessary for a daily and life long foundation. In essence, the purpose of physical education at Basswood Elementary is to encourage development of the total wellness of all individuals: physically, intellectually, and socially. The theme areas of the curriculum include body control, fitness, striking, receiving, and propelling. These themes will develop skills that can and will be applied in a variety of contexts.