



Physical Education Program Overview

Rhythm & Moves

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INTRODUCTION

About Us

Since its founding in 1984, Rhythm and Moves has become a pioneer in physical education and music education. Throughout the years the curriculum has evolved, offering the best and most comprehensive curriculum in the state of California. The objectives and content have been broadened to include the latest science surrounding physical and health education and music education.

To support the mission of creating lifelong learning, Rhythm and Moves has developed a unique music and physical education curriculum that motivates students by giving them opportunities for self-direction and responsibility. Our standard-based curriculum is divided into units supported by the use of equipment. We believe every student should be provided learning experiences where they manipulate their own piece of equipment to help support learning of the material being taught.

Rhythm and Moves educators provide a structure-based learning environment where students become more engaged in their learning. They develop a deeper sense of lesson mastery, ultimately fueling individual motivation and self-esteem.

Our program continually evolves to include the personality and dialogue from individual teachers, students, parents and communities. It is one of the roles of our program to share the wealth of knowledge we have acquired through more than 30 years as dedicated music and physical education specialists.

The Importance of Physical Education

A high quality physical education program offers children opportunities to develop the skills, concepts, and dispositions needed to be physically active for life. Sufficient, regular physical activity not only helps prevent major diseases but it also promotes learning; reduces stress, anxiety, and depression; and improves overall student wellness. A high quality physical education program provides activities that promote responsibility and engage executive function helping to develop important life skills.

In addition, physical education can actually help improve academic performance. Even moderate physical activity can improve both attention and brain function, helping kids concentrate better in class and perform better on exams.

Ultimately, our mission is creating an environment that promotes and encourages a lifelong, healthy and active lifestyle. Physical education helps students increase physical activity, both in and out of school. Children enrolled in physical education classes not only improve their own health but also learn to have a more positive attitude toward physical fitness in general. Children learn to draw a correlation between physical health and general well-being, which resonates outside of the gym or classroom. Students who take physical education courses are more likely to be active outside of school, participating in a variety of sports and other physical activities.



CURRICULUM OVERVIEW

Content Standards

The Rhythm and Moves curriculum continues to be developed and refined to meet the needs of an ever changing student population and to benefit from the most up to date pedagogical best practices.

The general objectives of each lesson are based on the SHAPE National Standards for physical education kindergarten – eighth grade.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Development and Curriculum Overview

The Rhythm and Moves physical education curriculum teaches students successful ways of moving so they enjoy physical activity while learning that being physically fit and healthy is good for their physical, emotional and social well-being. The highly qualified, professional and motivated educators engage each student – revealing their inner potential to embrace physical activity and life-long health and fitness. The expected outcomes of the program continue to evolve to address the changing needs regarding health and fitness in an ever-evolving society.

Health and fitness concepts are introduced throughout each unit, focusing on individual health and fitness that will enhance performance of the specific movement or sport being taught. The foundation of our curriculum is based on Laban's Movement Education Principals and the TGFU (Teaching Games for Understanding) Model for teaching sport skills and concepts as noted below:

- Invasion Games: Basketball, Soccer, Hockey, Lacrosse, Football and Handball
- Net/Wall Games: Volleyball, Racket sports, Pickleball
- Striking and Fielding Games: Softball, Cricket, Kickball, Baseball
- Target Games: Bowling, Frisbee
- Individual Pursuits: Tumbling, Dance, Fitness and Track

At the elementary level, our curriculum focuses on the fundamentals of movement by developing an appreciation for a variety of skills and physical activities. Students learn to feel kinesthetically confident and competent, increasing the likelihood they will continue to enjoy and look for more opportunities for physical activity later in life.

At the middle school level, students move from concrete to abstract thinking. Instructional strategies and curricular content support this shift in thinking by scaffolding curriculum content towards individual interests, allowing for students to draw their own conclusions through cooperative learning scenarios.

Our curriculum provides students with experiences where they have the opportunity to think critically about their fitness, and set lifelong goals for an active lifestyle. Our physical education classroom, students develop the crucial tools needed early on for a healthy and active lifestyle after graduation.

As part of understanding lifelong goals that will contribute to an active lifestyle we conduct state testing for all fifth and seventh grade students. We will promote personal best through a goal setting process as part of their learning about their health and physical activity.

Near the end of the school year we will put together a field day event for your school community. This provides your community the opportunity to come together and celebrate the school year through movement fun. We will plan, set up and organize the event and we are confident this will be an unforgettable experience for everyone.

Educational Equipment

When a child is developing object manipulation skills, the more repetitions they complete the greater the opportunity for development. When every child has their own equipment they can fully engage in each lesson and learning becomes more of a reflective process.

As part of the Rhythm and Moves program, equipment is provided to support each lesson through each of the units of focus. Teachers utilize equipment to create an enticing environment for learning. The color coding system we have in place allows for clear boundaries to be created with stations that allow for a smooth distribution of materials needed during and in between each lesson.

There is enough equipment to ensure that all children have the opportunity to participate in an environment that encourages maximum participation through each lesson.

Each lesson is supported by the use of the following set of equipment:

- Control Cones
- Hula Hoops
- Poly Spots
- Buckets
- Flags
- Playground Balls
- Jump Ropes
- Bean Bags
- Yarn Balls

Additional equipment is provided to support each individual unit as is supplemental material to help engage and support student learning.



PROGRAM SUPPORT

Professional Development and Support

The Rhythm and Moves leadership team is firmly committed to providing various opportunities for its teachers to collaborate with one another through the participation in a variety of meaningful professional development experiences. This is done with the hope of creating shared responsibility and accountability among educational staff members for the continued growth of their student's learning outcomes.

Conference Week

Prior to the school year beginning we conduct a week long conference which includes a series of specialized workshops for all staff. We conduct a team building event on the first day of the conference. This promotes a community approach that encourages a support of one another as professionals through the course of the school year. The conference consists of various workshops focusing on subject matter specific to physical education.

Professional Development

As part of our continued professional development we conduct monthly professional development meetings:

- All staff meetings are workshops that we develop based on assessed need each school year. It is designed to lay down the foundational pieces to the school year through creating professional development plans, engaging in professional development workshops, listen to keynote speakers and allow staff to connect with other teachers in their specialized field
- Professional development meetings are conducted monthly to provide a forum for sharing information and tackling current issues within the scope of physical education

- First year meetings are conducted monthly specifically for first year teachers to work through the foundational pieces of their professional development plans. This meeting is planned through each stage of development while allowing an open dialogue and collaboration for growth.

On Site Observation and Collaboration

Through the course of the school year our support team will conduct on site observations and collaborations. Teacher development is the cornerstone of our program as we are as good of a program as the teacher teaching it. We focus on their professional development plan as part of each observation and teachers conduct reflections as part of their continued growth.

Evaluation and Support

In conjunction with the on site observation and collaboration process we conduct an evaluation as part of the first ninety days of a first year teacher followed by a mid year review for both first year and veteran teachers. This includes an assessment of their teacher standards and professional development plan. As part of their year end review they present their inquiry action plan project and website portfolio and conduct their final assessment which would carry them into the following school year.

District/Diocese/School Site Professional Development

We provide professional development workshops ideal for school communities looking to provide experiences through movement for their teaching staff providing physical education through their school year.

Workshops are tailored to fit the focus and needs of districts and/or individual school sites and their teaching staffs. We will work to help engage and encourage teachers to implement movement into their lesson planning as part of their core lessons to help fulfill the state mandated physical education minutes and improve the quality of movement education within each lesson.

As part of our professional development we offer:

- Strategies to help increase structured movement and activity time for Physical Education
- Techniques that are utilized within the Rhythm and Moves Program to produce a streamline approach in programming at each site
- A hands on, interactive approach designed to incorporate Physical Education strategies into movement lessons
- Planning, organization and consultation of all strategies and concepts introduced
- Ideas and strategies around organizing and managing activity time throughout the school year
- Support through handouts, presentation material and interactive participation

Rhythm and Moves works to create a community within their individual schools by collaborating and integrating the core curriculum into their lessons while implementing movement into the classroom. As a progressive company, we are constantly evolving to bring the highest quality programming to our schools, as well as continuing to provide professional development opportunities to help support our school communities within their homeroom classroom.



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