

Curriculum

Diamond sports
Goal sports
Net sports
Mass games
Archery
Golf
Bowling
Circus
Track and Field
Climbing wall
Ropes course
Orienteering
Snowshoeing

Fitness Assessment

As physical educators we recognize an alarming trend in today's youth with obesity and cardiovascular disease. We are committed to help fight this problem by supporting the American Heart Association through our sponsorship of an annual school wide Hoops/Jump Rope for Heart fundraiser.



Recreation Director

Art Psaledas- 437-2675
www.londonderrynh.org

Londonderry Recreational Department

Youth Activities

Lacrosse

<http://londonderrylax.org>

Baseball/Softball

www.lafa.info

Youth Football

www.londonderrypanthers.com

Golf

Soccer

www.lysa-nh.org

Londonderry Youth Soccer Association

Recreation Soccer

Travel Soccer

Flag Football

Ski-Club

Basketball

Londonderry Basketball

www.lbchoops.org



Londonderry Middle School Physical Education Department

Informational Brochure



"Giving Wings to Children's
Dreams"

Mission Statement

The goal of the physical education staff at Londonderry Middle School is to develop the whole individual, socially, emotionally, intellectually, and physically. We look to offer a wide variety of activities to give students choices to keep them active into their adult lives. Activities include team, individual and dual sports, adventure activities and fitness programs with a concentration on effort, responsibility and teamwork. The structure that we employ is one that stresses safety, fair treatment, and consistency. To accomplish this, students are encouraged to participate in:

1. Physical activity during the school day through physical education classes.
2. Physical activity through a range of after school programs including intramurals, interscholastic athletics, physical activity clubs, and respect groups.
3. The development of skills to enjoy life-long physical and social activities.



Benchmarks

Curriculum standards are designed for students in grades 6-8, based on the following national standards and guidelines suggested by NASPE (National Association of School Physical Education).

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

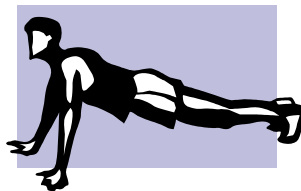
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.



Grade Level Philosophy

Grade 6

Students are introduced to fundamental skills in a variety of sports and given opportunities to combine prior knowledge with what they learned through lead-up games and team building activities.

Grade 7

Students will further develop fundamental skills learned in grade 6 with an emphasis on game play and strategies. In addition they are introduced to individual and dual sports as a means of transitioning from team sports to lifetime activities.

Grade 8

The main focus is on lifetime activities, in hopes that each student leaves our program with an appreciation for physical activity. Students are also given an opportunity to implement prior knowledge of team sports from grades 6 and 7 each season through our elective program.

