

IMPORTANT PHONE
NUMBERS AND CONTACTS

Londonderry Recreational
Department

Recreation Director

Art Psaledas- 437-2675
www.londonderrynh.org

Youth Activities

Lacrosse

<http://londonderrylax.org>

Baseball/Softball

www.lafa.info

Youth Football

www.londonderrypanthers.com

Basketball

Londonderry Basketball Club
www.lbchoops.org

Soccer

Londonderry Youth Soccer Association
www.lysa-nh.org

Flag Football

Ski-Club

Golf

LONDONDERRY ELEMENTARY
PHYSICAL EDUCATION DEPARTMENT



Matthew Thornton School Tigers
275 Mammoth Road
Londonderry, NH 03053
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Mike Bicchieri - mbicchieri@londonderry.org



North Elementary School Bears
19 Sanborn Road
Londonderry, NH 03053
(603) 432-6933
Brian Pampel - bpampel@londonderry.org



South Elementary School Hawks
88 South Road
Londonderry, NH 03053
(603) 432-6956 x 5215
Rob Larivee - rlarivee@londonderry.org
Tony DeFrancesco - tdefrancesco@londonderry.org

Londonderry School District
Londonderry, NH 03053
(603)432-6920
Superintendent - Nathan Greenberg
Assistant Superintendent- Mark Blount

LONDONDERRY
ELEMENTARY PHYSICAL
EDUCATION DEPARTMENT

INFORMATIONAL BROCHURE



LONDONDERRY
ELEMENTARY PHYSICAL
EDUCATION DEPARTMENT



"Giving Wings to Children's
Dreams"

LONDONDERRY SCHOOL DISTRICT ELEMENTARY PHYSICAL EDUCATION PROGRAM

MISSION STATEMENT

To provide a program that endorses the worth of a lifetime of physical activity. The program will guide students in the process of becoming physically active and healthy for a lifetime. The goal of the program is to offer students the opportunity to explore and experience physical skills and good citizenship through physical activity which may afford a better quality of life. To accomplish this it is the desire that **all** students:

1. Are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
2. Are given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics (cross-country), physical activity clubs and respect groups.
3. Develop the skills to enjoy lifelong healthy physical and social activities.

CURRICULUM STANDARDS

All Grade 1-5 Benchmarks are designed using the following National standards and guidelines suggested by NASPE (National Association of School Physical Education).

Philosophy: Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

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.

DEVELOPMENTAL SKILLS

Grades 1 and 2

Movement concepts: walk, run, jump, hop, leap, gallop, skip, slide bend, stretch, curl, twist, turn, swing, sway, kick, strike, throw, catch, travel (pathways, directions, diagonal, zigzag etc.) jump and land (distance, height), balance, kick and punt, throw (overhand and underhand), catch, volley, dribble, strike with implements (racquets and paddles), step with opposite foot toward target.

Group: basic organized games, educational games, parachute activities, cooperative/team building games.

Individual: tumbling, jumping rope, bowling, climbing.

Grades 3 through 5

Movement Concepts (Review and further develop from skills listed above).

Group Activities: lead-up activities to sports: football, soccer, volleyball, basketball, baseball/softball, frisbee, floor hockey, basic organized games, cooperative/team building games, educational games, parachute activities.

Individual/Partner Activities: gymnastics, juggling, jumping rope, climbing, bowling.

Physical Fitness: warm-ups, crunches, push-ups, jump rope, jog/run, fitness test.