

Physical Education Data

Ms. Liz's Kindergarten Class

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- 17 students
- Montessori Classroom

NJCCCS

- ▶ P Developing competence and confidence in gross and fine motor skills provides a foundation for participation in physical activities.
 - ▶ 2.6. P.A.1 Develop and refine gross motor skills (e.g., hopping, galloping, jumping, running, and marching).
 - ▶ 2.6. P.A.2 Develop and refine fine motor skills (e.g., completes gradually more complex puzzles, uses smaller-sized manipulatives during play, and uses a variety of writing instruments in a conventional manner).

Goals and Objectives

- ▶ By the end of 3 months students will be able to track and chart their progress while doing sit ups, push ups, and jumping jacks
- ▶ They will evaluate their progress verbally and document their success with the class
- ▶ They will understand how important it is to be healthy and to stay in shape

Lesson Plan Format

- Students will be put into pairs
- Each week the students will do three different exercises at three different times
- They will record how many they do at a certain time
- By the end of week 15 (3 months) students will look at their data ,analyze, and evaluate their progress

Safety Rules

- ▶ Each student will know and identify the importance of exercise.
- ▶ The students will be able to identify, model, and show different types of stretches prior to doing exercise.
- ▶ I will demonstrate a proper sit up, push up, and jumping jack.
- ▶ In order to demonstrate safety rules, students will be put into teams of two to observe and watch that their friend is practicing safe exercising.

Activities

Based on [research](#), Kindergarteners mid year should be able to do the following:

3-8 pushups (minimum 5)

2-10 sit ups (minimum 6)

10 Jumping Jacks (minimum 10)

Each week as part of their physical education class, I will give the student time intervals of 10 seconds, 40 seconds, and 60 seconds in which the students are to do 10 seconds pushups, pause, 40 seconds of pushups, pause, and then 60 seconds of pushups. Same format with sit ups, and jumping jacks.


A running record will be kept.

To have the students observe more, the students will be put into partners of 2.

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Themes Colors Fonts Effects Margins Orientation Size Print Area Breaks Background Print Titles Width: Automatic Height: Automatic Scale: 100% Gridlines View Print Headings View Print Bring Forward Send Backward Selection Pane Align Group Rotate

H13

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1																	
2				<i>Month Name</i>													
3				WEEK 1													
4		10 seconds	40 seconds	60 seconds	Total												
5																	
6	push ups																
7	sit ups																
8	jumping jacks																
9																	
10				WEEK 2													
11		10 seconds	40 seconds	60 seconds	Total												
12																	
13	push ups																
14	sit ups																
15	jumping jacks																
16																	
17				WEEK 3													
18		10 seconds	40 seconds	60 seconds	Total												
19																	
20	push ups																
21	sit ups																
22	jumping jacks																
23																	
24																	
25																	
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27																	
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29																	
30																	


Running Record

As the students continue this process,
they will start to notice a change.

Once the students finish all 15 weeks (3 months), they will then analyze the data.

They will have to consider the following:

- the amount of time (both on each individual exercise and as a total)
- the amount of a break they needed in between and their speed of each exercise with the time (less time faster pace?)
- Any limitations while doing the exercises (hurt muscles)

	A	B	C	D	E	F	G	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT
1				Caitlyn						Glenn										
2				WEEK 1						WEEK 13										
3			10 sec	40 seconds	60 seconds	Total			10 seconds	40 seconds	60 seconds	Total								
4																				
5	push ups		5	11	15	31			0	0	0	0								
6	sit ups		3	7	10	20			2	3	4	9								
7	jumping jacks		8	16	20	44			9	10	11	30								
8																				
9				WEEK 2						WEEK 14										
10			10 sec	40 seconds	60 seconds	Total			10 seconds	40 seconds	60 seconds	Total								
11																				
12	push ups		6	18	14	38			3	5	11	19								
13	sit ups		4	5	5	14			8	11	12	31								
14	jumping jacks		8	15	21	44			9	9	10	28								
15																				
16				WEEK 3						WEEK 15										
17			10 sec	40 seconds	60 seconds	Total			10 seconds	40 seconds	60 seconds	Total								
18																				
19	push ups		2	19	16	37			6	12	16	34								
20	sit ups		5	6	8	19			4	23	5	32								
21	jumping jacks		7	12	15	34			8	17	12	37								
22																				
23																				
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25																				
26																				
27																				
28																				
29																				

Collecting Data

ABC Spelling Research Thesaurus Proofing

Translate Language

Edit Comment Delete Previous Next Comments



Show/Hide Comment Show All Comments Show Ink

Protect Sheet Protect Workbook Share Workbook Changes

Protect and Share Workbook Allow Users to Edit Ranges Track Changes

Start Inking Ink

AG5 : X ✓ fx push ups

	A	B	C	D	E	F	G	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ
1				Caitlyn							Glenn							
2				WEEK 1							WEEK 13							
3			10 sec	40 seconds	60 seconds	Total				10 seconds	40 seconds	60 seconds	Total					
5	push ups		5	11	15	31		push ups		0	0	0	0					
6	sit ups		3	7	10	20		sit ups		2	3	4	9					
7	jumping jacks		8	16	20	44		jumping jacks		9	10	11	30					
9				WEEK 2							WEEK 14							
10			10 sec	40 seconds	60 seconds	Total				10 seconds	40 seconds	60 seconds	Total					
12	push ups		6	18	14	38		push ups		3	5	11	19					
13	sit ups		4	5	5	14		sit ups		8	11	12	31					
14	jumping jacks		8	15	21	44		jumping jacks		9	9	10	28					
16				WEEK 3							WEEK 15							
17			10 sec	40 seconds	60 seconds	Total				10 seconds	40 seconds	60 seconds	Total					
19	push ups		2	19	16	37		push ups		6	12	16	34					
20	sit ups		5	6	8	19		sit ups		4	23	5	32					
21	jumping jacks		7	12	15	34		jumping jacks		8	17	12	37					

Elizabeth Meringer:
Nurse Dona said Glenn hurt his hand and cannot do push ups today.

Comments could illustrate the reasoning for outcomes

Weekly Progress

project.xlsx - Excel

FILE HOME INSERT PAGE LAYOUT FORMULAS DATA REVIEW VIEW ADD-INS NITRO PRO 9 DESIGN

Clipboard: Paste, Cut, Copy, Format Painter

Font: Calibri, 11, Bold, Italic, Underline, Color, Background Color

Alignment: Wrap Text, Merge & Center

Number: General, Currency, Percentage, Decimals

Styles: Normal, Good, Bad, Neutral

Cells: Insert, Delete, Format

Editing: AutoSum, Fill, Clear

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
1	Column1	Column2	Column3	Column4	Column4	Column5	Column5	Column6	Column6	Column7	Column72	Column8	Column9	Column10	Column11	Column12	Column13
2	First Name	Last name	Attendance	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10				
3	Caitlyn	Green	CGreen	67 ☹	77 ☹	65 ☹	102 ☹										
4	Glenn	Johnson	GJohnson	☹	☹	☹	☹										
5	Sarah	Lee	SLee	☹	☹	☹	☹										
6	Angela	Franco	AFranco	☹	☹	☹	☹										
7	Mark	Denil	MDenil	☹	☹	☹	☹										
8	Louise	Renn	LRenn	☹	☹	☹	☹										
9	Michelle	Tonlio	MTonlio	☹	☹	☹	☹										
10	Vivian	Wright	VWright	☹	☹	☹	☹										
11	Fredrick	Luton	FLuton	☹	☹	☹	☹										
12																	
13																	
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Alignment: Wrap Text, Merge & Center

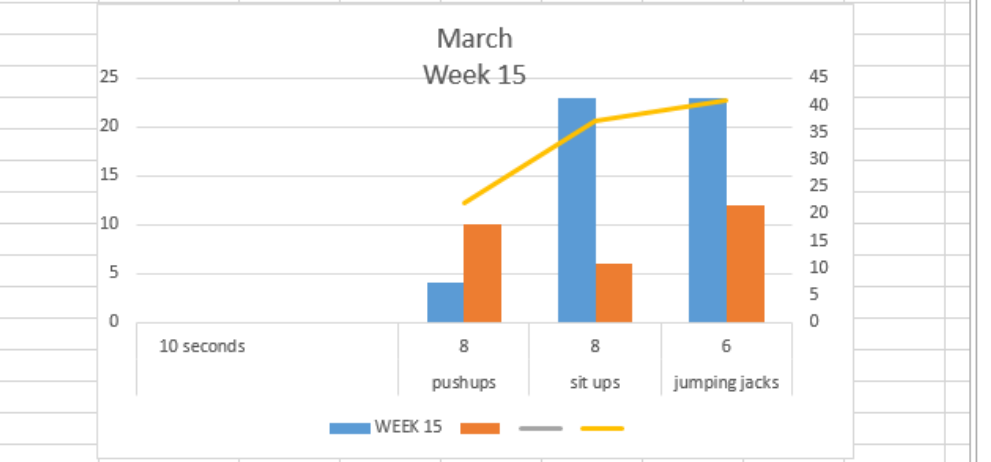
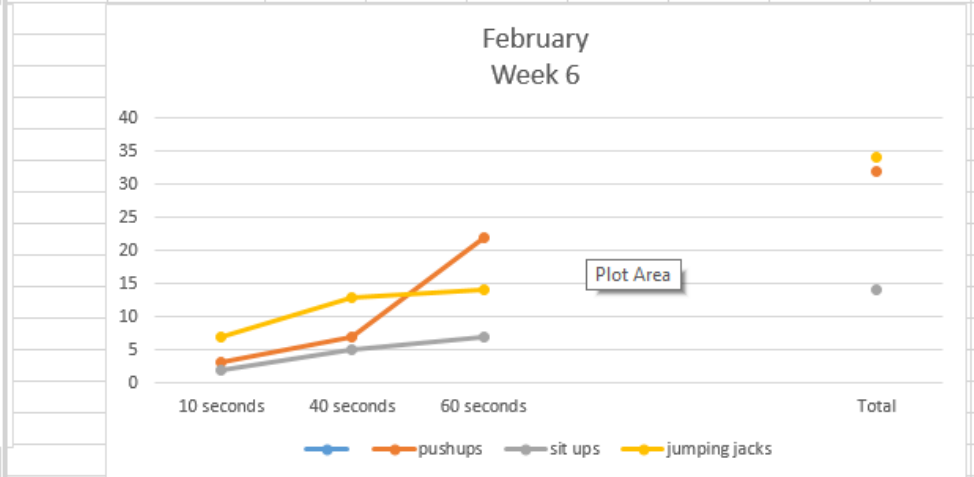
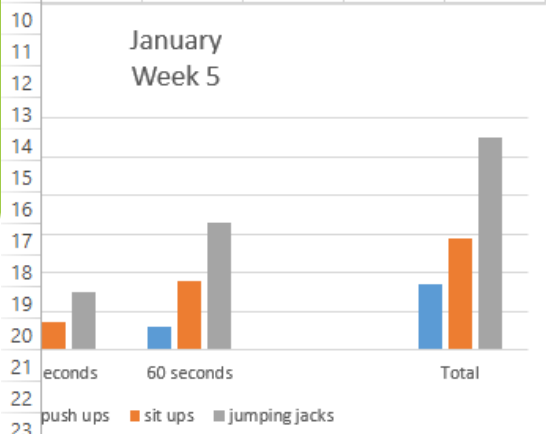
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Styles: Normal, Good, Bad, Neutral

Cells: Insert, Delete, Format

Editing: AutoSum, Fill, Clear, Sort & Filter, Find & Select

	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
1		Week 5								WEEK 10									WEEK 15				
2																							
3		January								February									March				
4		Week 5								WEEK 10									WEEK 15				
5		January								February									March				
6		10 second	40 second	60 seconds		Total			10 second	40 second	60 seconds		Total					10 second	40 second	60 seconds		Total	
7		7	4	6		17			3	7	22		32					8	4	10		22	
8		4	7	18		29		pushups										8	23	6		37	
9		7	15	33		55		sit ups		2	5	7	14					8	23	6		37	
10								jumping jacks		7	13	14	34					6	23	12		41	



FILE HOME INSERT PAGE LAYOUT FORMULAS DATA REVIEW VIEW ADD-INS NITRO PRO 9

Clipboard Font Alignment Number Styles Cells Editing

Source Code Pro 10 A A Wrap Text General Conditional Formatting Format as Table Normal Bad Good Neutral AutoSum Fill Clear Sort & Find & Filter Select

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
1				Caitlyn								Glenn						
2				JANUARY								FEBRUARY						
3				WEEK 1								WEEK 6						
4			10 seconds	40 seconds	60 seconds		Total				10 seconds	40 seconds	60 seconds			Total		
5																		
6	push ups		5	4	5		14		push ups		2	8	6			16	push ups	
7	sit ups		3	7	10		20		sit ups		5	8	5			18	sit ups	
8	jumping jacks		8	16	20		33		jumping jacks		8	19	23			50	jumping jacks	
9																		
10																		
11				WEEK 2								WEEK 7						
12			10 seconds	40 seconds	60 seconds		Total				10 seconds	40 seconds	60 seconds			Total		
13																	push ups	
14	push ups		6	6	7		19		push ups		8	7	3			18	sit ups	
15	sit ups		4	5	5		14		sit ups		5	4	10			19	jumping jacks	
16	jumping jacks		8	15	21		44		jumping jacks		4	10	11			25		
17																		
18																		
19												WEEK 8						
20											10 seconds	40 seconds	60 seconds			Total		
21			10 seconds	40 seconds	60 seconds		Total		push ups		5	5	8			18	push ups	
22									sit ups		5	9	3			17	sit ups	
23	push ups		2	3	7		12		Jumping Jacks		10	10	15			35	jumping jacks	
24	sit ups		5	6	8		19											
25	jumping jacks		7	12	15		34											
26																		
27																		
28				WEEK 4					push ups		2	7	2			11	pushups	
29			10 seconds	40 seconds	60 seconds		Total		sit ups		7	5	8			20	sit ups	
30									jumping jacks		8	14	10			32	jumping jacks	
31	push ups		8	8	7		23											
32	sit ups		3	7	9		19							*				
33	jumping jacks		9	16	35		60							-				
34																		
											10 seconds	40 seconds	60 seconds			Total		

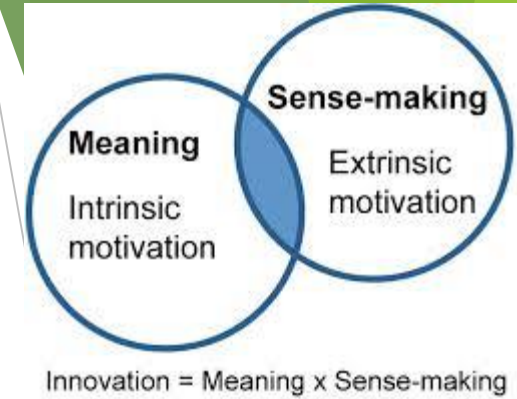
Evaluations

- ▶ Students will be able to discuss the positive effect the activities and record keeping had on them:
 - ▶ They felt like they had more energy
 - ▶ They enjoyed learning the exercises
- ▶ Students will get to see a chart for each week to show their total amount of exercise and a 😊 will symbolize a great job while 😞 means they can always try again next week.
 - ▶ If a student receives a L we will take a closer look at the chart and see if any comments are left regarding the students physical condition.
 - ▶ Perhaps they were not as focused this week and they need to understand and believe that next time they will do their best to do better.
- ▶ Students will also see their progression on various graphs. This form of data collection will allow for the student to get a better visual of how their individual efforts collaborate their team effort.
- ▶ I will review with the students the meaning of the color coded chart.
 - ▶ By using the midterm goal (5 pushups, 6 sit ups, 10 Jumping Jacks)
) I will verbally review with the students how great of a job they did which will boost their confidence.
 - ▶ Example : Caitlyn you did 5 pushups at Week 1 and by Week 5 you did 7 pushups in 10 seconds!
That's great!

Brainy Bits

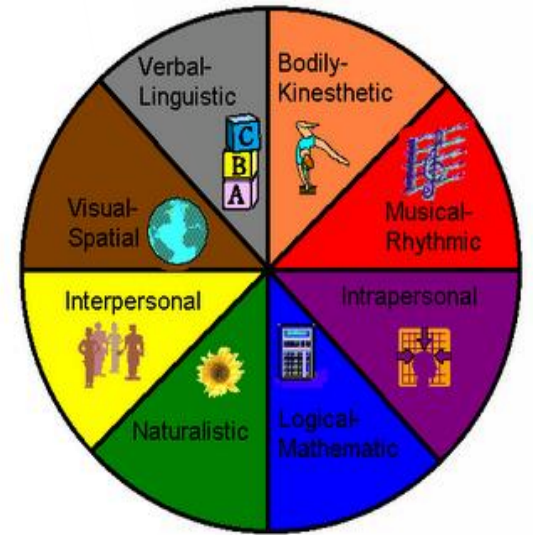
Sense and Meaning?

- ▶ Does this information make sense?
 - ▶ Do the students understand the importance of exercising for their body and health
 - ▶ Its not about the number, its about the attitude and motivation behind it
- ▶ What does it mean?
 - ▶ This information states how well a student is doing during his/her exercise program



Gardner's Multiple Intelligence

- ▶ Logical/Math- be able to count how many of each exercise one does in a certain amount of time and add the total.
- ▶ Visual/Spatial- having enough room to do the exercise and watching your partner to ensure safety
- ▶ Bodily/Kinesthetic- doing the appropriate exercise
- ▶ Interpersonal- working with your partner to encourage him or her to do the exercises in the amount of time
- ▶ Intrapersonal- thinking about the exercise and doing breathing techniques
- ▶ Verbal/linguistic- counting out loud of many of each exercise is done



Useful Resources

The purpose of this data is to help the teacher determine the type of fitness a student can handle.

The following pages helped in determining the number of pushups, sit ups, and jumping jacks.

The following pages which are useful for more fitness activities for students this age:

- [Jumping Jacks](#)
- [Boost behavior with physical education](#)

<http://www.state.nj.us/education/cccs/2014/chpe/standards.pdf>

http://www.education.com/magazine/article/Your_Kindergartner_Should_Be_Able_To/

<http://images.huffingtonpost.com/2013-01-02-meaningsensemaking.jpg>

http://cdn2-b.examiner.com/sites/default/files/styles/image_content_width/hash/93/97/93971186b13c2a762b11467729f48c3a.jpg?itok=CxSfyBt0