

MUSD PE & PA

Physical Education and Physical Activity

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WE
BELIEVE

Welcome & Mindset Waterfall

WE BELIEVE
MADERA UNIFIED

Name, Position, Organization



Penalty



Field Goal

Review of Minutes

- Link to webpage:
<https://www.madera.k12.ca.us/Page/14328>
- Link to Minutes:
https://www.madera.k12.ca.us/site/handlers/filedownload.ashx?moduleinstanceid=29121&dataid=33234&FileName=01a_Minutes%20Wellness%20Committee%20Agenda%202020.11.04-1%20English.pdf

**WE BELIEVE
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WSCC Model Review

Link to WSCC:

<https://www.cdc.gov/healthyschools/wsc/index.htm>

PERFORMANCE

Physical Education And Physical Activity

WE BELIEVE

Black History Month

People who made an impact through athletic competition.

February

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Example:

Track and Field

Jesse Owens and Wilma Rudolph

SWBAT appreciate physical games and activities reflecting diverse heritages.

SWBAT sustain continuous movement for an increasing period of time while participating in moderate to vigorous physical activities.

Run and Jump like Wilma & Jesse

30 seconds each x 2 rounds. 1 minute break after round 1!

- Jog in place
- Sprint in place
- High Skips
- Broad Jump
- Hops
- Jump Lunges

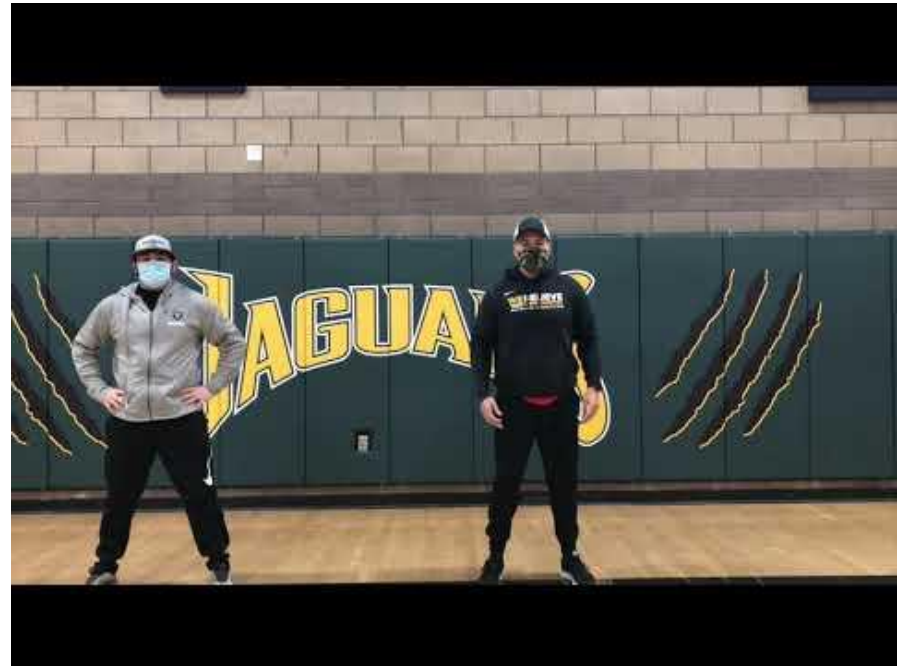


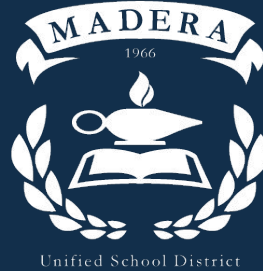
May Movement Challenge

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DAILY MOVEMENT
CHALLENGE





“Where the futures of children are driven by their aspirations and inspired by their circumstances”