

Physical Education

Back to School Night

Fall 2025



ST. CHARLES
BORROMEO
CATHOLIC SCHOOL

Physical Education

Jared Malo

Experience- 18 years teaching in Catholic Schools

Credentials-

- Bachelors of Science in Education with an emphasis in physical education, recreation and dance.
- Masters of Science in Curriculum, Assessment and Instruction.

What makes this class special?

- PE from preschool-8th grade is special for students because it gives them a place to grow not just physically, but also socially and emotionally. It's where they can discover new skills, build confidence, and learn the value of teamwork and perseverance. For many, PE is the highlight of the day—a chance to move, have fun, and challenge themselves in ways that the classroom doesn't always offer. Over the years, students see their own progress, gain lifelong habits of health and activity, and create positive memories that stick with them well beyond school.

Special Events

- ***Jump Rope for Heart (mid-February)**
- ***Stack UP Event (Cup-stacking mid November-Date TBD)**
 - ***Field Day (end of the year)**

Academics

SPARK Curriculum

(Sports, Play, and Active Recreation for Kids)

- **Research-Based & Standard Aligned**
 - SPARK is built on evidence-based practices and aligns with national/state standards, ensuring students meet grade-level outcomes in physical education.
- **Skill Development Across Domains**
 - Lessons are designed to improve not just physical fitness, but also cognitive understanding (rules, strategies, health concepts) and social-emotional skills like teamwork and respect.
- **Cross-Curricular Connections**
 - SPARK integrates academic concepts (such as math, literacy, and science) into PE activities, reinforcing classroom learning while keeping students active.

Classroom Etiquette and Expectations

- **Be Ready to Learn**
 - Come prepared with proper shoes, a positive attitude, and be ready to try your best.
- **Respect Everyone**
 - Listen when others are speaking, encourage classmates, share equipment, and play fair.
- **Stay Safe & Active**
 - Follow directions, use equipment correctly, and stay engaged in every activity.
- **Show Responsibility**
 - Take care of materials, line up quickly, and give your best effort each day.

Academics:

Early Childhood Content

- **Basic Motor Skills** – Running, jumping, hopping, skipping, galloping, and other fundamental movements.
- **Manipulative Skills** – Throwing, catching, kicking, rolling, dribbling, and striking with hands or simple equipment.
- **Movement Concepts** – Learning body awareness, space awareness, direction, levels (high/low), and speed control.
- **Rhythms & Creative Movement** – Activities with music, dancing, and rhythm sticks to build coordination and self-expression.
- **Health & Fitness Basics** – Age-appropriate lessons on active play, healthy choices, and developing a positive attitude toward physical activity.

Academics:

Kinder-2nd Grade Content

- **Locomotor & Non-Locomotor Skills** – Running, skipping, hopping, balancing, twisting, bending.
- **Manipulatives** – Throwing, catching, striking, kicking, dribbling with hands/feet.
- **Movement Concepts** – Learning directions, levels, pathways, and spatial awareness.
- **Rhythms & Dance** – Simple dances, clapping, and rhythmic movement with music.
- **Health & Fitness** – Introduction to exercise, stretching, and the idea of being active every day.

Academics:

3rd-5th Grade Content

- **Team & Individual Sports Skills** – Basketball, soccer, volleyball, softball, and more.
- **Fitness Development** – Strength, flexibility, endurance, and building personal fitness goals.
- **Cooperative Activities** – Group problem-solving, trust activities, and teamwork challenges.
- **Rhythms & Cultural Dances** – More complex dances and rhythmic activities that connect to cultures.
- **Personal Responsibility** – Sportsmanship, following rules, and positive peer interactions.

Academics:

Middle School Content

- **Lifetime Sports & Activities** – Tennis, badminton, golf, ultimate Frisbee, outdoor pursuits.
- **Health-Related Fitness** – Cardio fitness, resistance training, flexibility, and fitness planning.
- **Team Sports & Strategies** – Higher-level games with focus on tactics, positions, and strategy.
- **Personal & Social Responsibility** – Leadership, self-management, respecting differences.
- **Wellness Concepts** – Nutrition basics, stress management, and making healthy choices.

Testing/Assessments

- **Skill & Fitness Assessments** – Students are observed and assessed on fundamental skills (e.g., throwing, catching, locomotor movements) and fitness components (strength, endurance, flexibility) through age-appropriate activities.
- **Ongoing, Formative Assessment** – I use checklists, rubrics, and performance tasks during class to track progress and guide instruction rather than relying only on one-time tests.
- **Holistic Evaluation** – SPARK emphasizes not just physical skills, but also effort, participation, teamwork, and responsible behavior as part of overall assessment.

Conferences

- I hold conferences on an as-needed basis to discuss student progress, behavior, or specific concerns.

Communication

- Best way to communicate
 - Email me at Jmalo@stcharlesb.org
- Newsletter
 - Pertinent information will be added to the teacher's classroom newsletter and added to my [classroom website](#).



Thank you!

Sticker Bank

Copy and paste an emoji to add to your slides!

