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PTR254: Week 10 Case Study

Elementary Physical Education & Fitness Games for 3rd graders – 10 Week program

The Back Story: Resources in the schools are falling off each year and unfortunately one of the first things to go is music and then physical education funds.

You have decided to do something about it and suggest the school begin a volunteer program. The district agrees and hires you to develop a program for the 6 elementary schools in the area.

You must now write a program that any volunteer can follow by simply walking into the class, grabbing your (copyrighted) Physical Education booklet and implementing it. The section we want to see is for 3rd graders.

Who: A bunch of 7-9 year olds (around 20-30 at a time). You have a mixture of students in this cohort that range from wheelchair bound to, A.D.H.D. child, to extremely athletic.

What: Because this is for all the districts you can't really guarantee that you are going to have a piece of this or that equipment. However, there are a few things that all the districts have:

Facilities	Other Equipment-		
<ul style="list-style-type: none">• Basketball court• Field (unmarked)• Wall for handball• 4 square	<table><tr><td><ul style="list-style-type: none">• Basketballs• Soccer balls• Soft version of a baseball• Kickballs• Handballs</td><td><ul style="list-style-type: none">• Chalk• Batons• Parachute *giant*• Cones• Other stuff you bring</td></tr></table>	<ul style="list-style-type: none">• Basketballs• Soccer balls• Soft version of a baseball• Kickballs• Handballs	<ul style="list-style-type: none">• Chalk• Batons• Parachute *giant*• Cones• Other stuff you bring
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Other Information:

Generally speaking the summers and early fall are pretty hot and humid and the winters are cold & there is accumulated snow occasionally. There is a gymnasium but it's not always available because it doubles as a lunchroom and the prep room for talent shows, plays, musicals and such. There is also a district pool, this must be planned for ahead of time and is only available during the warmer months.



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