Our Purpose:

Childhood Obesity prevention is a major focus. We know how important this issue is and how schools and teachers are struggling to incorporate more physical fitness into an already busy schedule. A high quality physical education contributes to the mental, physical, emotional and academic development of any child. There is an emerging consensus from policy makers, health officials and physical education advocates about what is needed for children and teens to achieve a healthy level of physical fitness.

Key Recommendations:

School-age youths should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities. Schools should help achieve that goal by the following:

Quality physical education is provided to all students at every grade for the entire school year as an integral part of K-12 education.

- 150 minutes per week for elementary school students
- 225 minutes per week for middle and high school students

We produced the You’ve Gotta Move DVD to be part of the effort to help our kids be healthier and fit. We think You’ve Gotta Move will make reaching these P.E. benchmarks fun!

To make lesson planning easier, we have listed the Competencies and Objectives from the 2006 Mississippi Physical Education Framework achieved by regular use of the You’ve Gotta Move DVD. Please click on the Teachers’ Activity Guide button for cross-curriculum supplemental lessons. We hope you’ll use the DVD in your classroom, your gym and have your kids learn the dances and show off during a school performance or P.T.A. meeting! Just Do It! Just Dance!

Please contact us at youvegottamove@gmail.com and let us know how you and your students are using the You’ve Gotta Move DVD or if you have questions. Have Fun!

~The Producers of You’ve Gotta Move~

For more information about the people and organizations that brought you the You’ve Gotta Move program: please see links to the organizations at end of this document
THIRD GRADE – P. E.
COMPETENCIES and Suggested Objectives:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
   a. Begin to use locomotor* and nonlocomotor* skills to perform rhythmic activities.
   c. Perform fundamental movement skills* in a variety of settings.

2. Demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
   b. Understand how appropriate practice improves performance.
   c. Improve performance by participating in new and difficult tasks.

3. Exhibit a physically active lifestyle.
   a. Engage in moderate to vigorous* physical activities.
   b. Explain the importance of a physically active lifestyle.

4. Achieve and maintain a health-enhancing level of physical fitness.
   a. Maintain aerobic* physical activity (i.e., continuous training, circuit training, etc.) for a specific time frame.
   b. Identify the importance of leading a healthy lifestyle.
   c. Associate specific physical activities with the components of health-related fitness (muscular strength*, muscular endurance*, flexibility*, body composition*, and aerobic fitness*).

5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
   b. Understand the importance of cooperation and respect for other students while participating in a physical activity.
   c. Work with others to obtain the common goal of an activity.
   d. Respect the limitations and abilities of themselves and others during physical activity.
   e. Engage in activity with others and reflect a positive attitude toward all students and faculty regardless of differences.

6. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
   a. Associate positive feelings toward physical education as a result of continued involvement in physical activities.
   b. Assist peers to achieve success in physical activity settings.
FOURTH GRADE – P. E.
COMPETENCIES and Suggested Objectives:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
   
b. Employ fundamental movement skills* in various settings.

3. Exhibit a physically active lifestyle.
   
a. Participate regularly in a variety of physical activities.
   c. Identify benefits derived from physical activities.

4. Achieve and maintain a health-enhancing level of physical fitness.
   
a. Participate in moderate* to vigorous* physical activities on a daily basis.
   b. Understand health related fitness standards (muscular strength*, muscular endurance*, flexibility*, aerobic fitness*, and body composition*) as defined by fitness testing* and demonstrate physical fitness.

5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
   
a. Work cooperatively and productively with a partner or in a group setting.

6. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
   
a. Express enjoyment while participating in physical activity.
   b. Recognize personal challenges and experiences in physical activities.
   c. Encourage interaction with peers while performing physical activities.
FIFTH GRADE - P. E.
COMPETENCIES and Suggested Objectives:

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
   
a. Demonstrate smooth combinations of fundamental movement skills through rhythmic patterns.

2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
   
c. Identify basic techniques of movement skills and apply them with proficiency.

3. Exhibit a physically active lifestyle.
   
b. Participate in physical activities that will help prevent a sedentary lifestyle.

4. Achieve and maintain a health-enhancing level of physical fitness.
   
b. Demonstrate several activities involving each component of health-related fitness (muscular strength*, muscular endurance*, flexibility*, aerobic fitness*, and body composition*).

5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
   
e. Work cooperatively with peers who demonstrate variations in skill development.

6. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
   
a. Associate positive feelings that result from participation in physical activities.
b. Use physical activity as a means of challenging one’s body and mind.
c. Interact with peers while performing physical activities.

For More Information:

4Tell Films, Inc. – www.4tellfilms.com
Mississippi Community Education Center – www.mscec.org
New Summit School – www.newsummitschool.com
Mississippi Department of Education – www.mde.k12.ms.us
Mississippi Office of Healthy Schools – www.healthyschools.ms.org