

ELEMENTARY SCHOOL PHYSICAL EDUCATION

New Construction

I. PROGRAM PHILOSOPHY

Sound and wholesome experiences in physical movement are the right and privilege of every student. When properly guided and developed, physical education becomes a purposeful and vital part of the children's elementary school education. Our program is concerned with the development of favorable self-image, creative expression, motor skills, physical fitness, knowledge and understanding of human movement. The degree of success the elementary child experiences in his work and play is influenced by his ability to execute movement patterns effectively and efficiently. For the student, movement is one of the most-used means of non-verbal communication and expression. It is one of the most important avenues through which he forms impressions about himself and his environment. The child, to become a fully functioning individual, needs many opportunities to participate in well-conceived, well-taught learning experiences in physical education.

II. PROGRAM GOALS

- A. To develop and maintain a high level of physical fitness and to promote the physical growth of the child.
- B. To develop competent body management and acquire useful physical skills.
- C. To develop spatial awareness.
- D. To provide an atmosphere conducive to the social, emotional and intellectual development of the child.
- E. To provide a program which will allow every child to achieve on his/her individual level.
- F. To provide experiences in which the child learns to work with one or more individuals in a group effort to attain a pre-set goal.
- G. To promote an understanding of the value of physical activity throughout life.
- H. To develop a realistic self-image, and develop a desirable self-concept through relevant P. E. experiences.
- I. To develop a knowledge of cardio-vascular efficiency and physiology of exercise.
- J. To develop body poise, coordination, visual perception and creativity in motion through enjoyable, rhythmical activities.
- K. To work with, in harmony, the classroom teacher toward the full educational possibilities of the individual student.
- L. To provide a vocabulary of exercise and sports skills that will enable the individual to attain, and maintain satisfactions through physical activity throughout his life.
- M. To provide the opportunity to acquire safety skills and habits, and to develop a high degree of awareness regarding safety for himself and others.

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III. PROGRAM ACTIVITIES

Movement Exploration	Stunts and Tumbling
Basic Skills	Combative Activities
Fitness Trails	Manipulative Activities
Rhythmic Activities	Creative Play
Dance	Relays
Low Organized Games	Lead-up Team Sports

IV. ORGANIZATIONAL NOMENCLATURE

Teacher - Student Ratio:	1:25
Student Capacity per Period:	100
Total Number of Teachers:	2
Total Number of Aides:	2 (If applicable)
Grade Levels or Age Levels for Which Program is intended:	Prekindergarten through 5th Grade
Hours per Day Space Will Be Used:	6

V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED USES

Fitness Trails and other outside activities are designed for after-school community use.

VI. SQUARE FOOTAGE CHANGES EXPLANATION THAT VARIES FROM APPROVED FACILITIES LIST

Storage space has been allocated along with the teacher planning area within the building. Teacher showers and restrooms are also provided due to the nature of the position and related activities.

Outside areas include one 80' x 100' hard court and one hard court measuring 60' x 80'. The existing 40' x 80' covered court is to remain and be used on the property. The courts will provide for all weather, multi-purpose activities for both primary and intermediate ages.

Melrose Elementary School Physical Education -- New Construction

VII. PROGRAM FACILITIES LIST

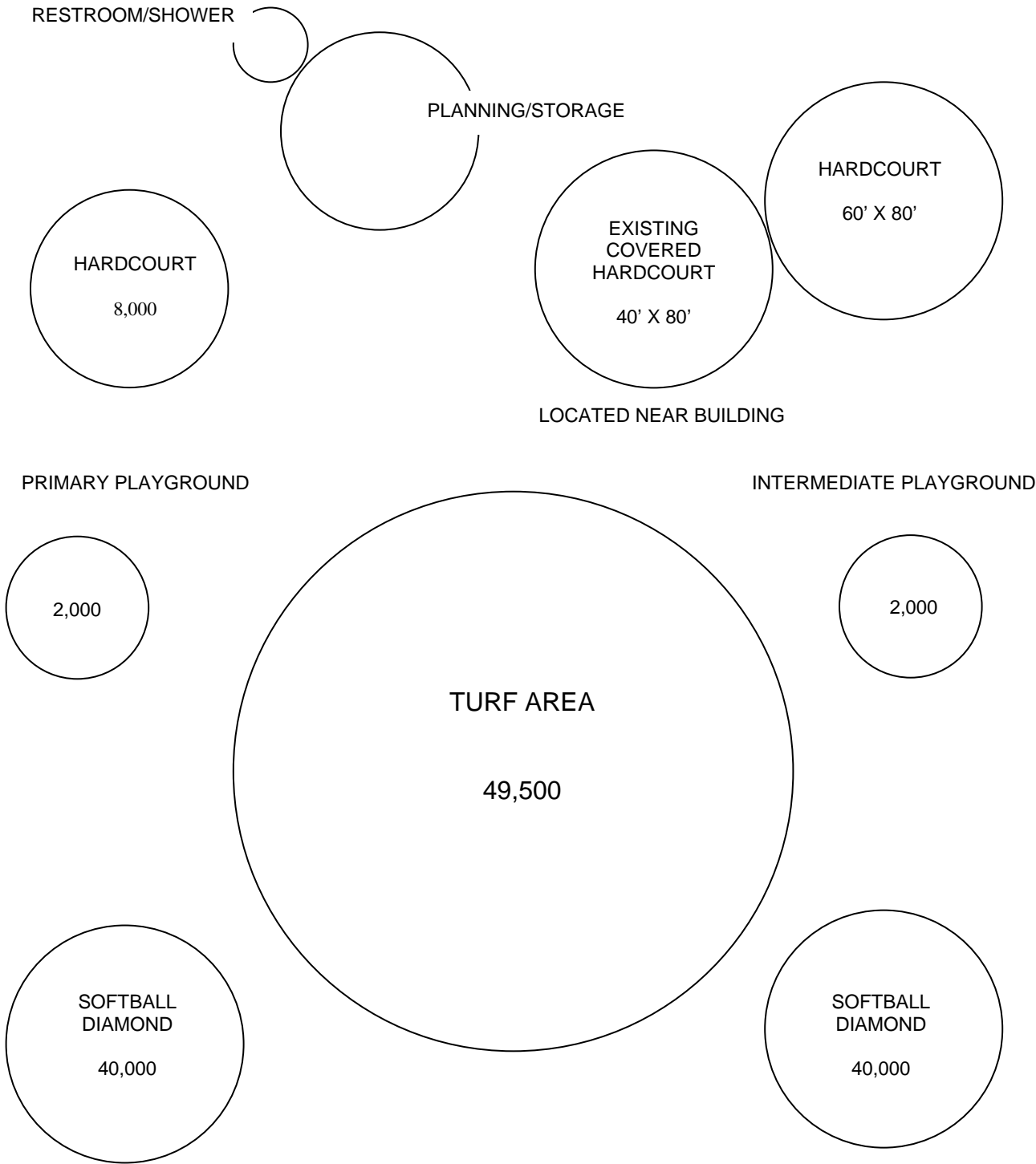
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SPACE RELATIONSHIPS

Elementary Physical Education



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VIII. PROGRAM FURNITURE AND EQUIPMENT REQUEST FORM

*Shown on drawings

#purchased and installed by contractor

<u>Space or Area</u>	<u>Number of Items</u>	<u>Description of Furniture/Equipment Needed</u>
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OFFICE AND STORAGE

*2	Teachers Desks and Chairs
*4	Chairs 17"
*2	Four-Drawer Suspension Filing Cabinets
*2	Small Rectangular Tables
2	Computers and Printer
12	Panel Folding Mats, 8' x 4' x 2"
1	Heavy Duty Variable Speed Record Player with Microphone
1	Vaulting Box
2	Balance Beams 4" x 12' adjustable
1	Cassette Tape Recorder
1	Reuther Board
1	Mat Truck to move and store mats

SUPPLIES

30	Badminton Racquets
4 Dozen	Badminton Shuttlecocks, Outdoor
8	Badminton Nets
20	Basketballs, Rubber, Official 1st Grade
20	Basketballs, Junior Size, Elementary
6 Pairs	Basketball Nets, Nylon
10	Batons, Relay, Aluminum
60	Bean Bags 6" x 6"
10	Deck Tennis Rings, Solid
10	Footballs, Elementary, Junior Size
1	Inflator, Table Type, Electric
1	Inflator, Hand
1	Line Marker, Dry, 6# Capacity
60	Playground Balls, 6"
60	Playground Balls, 8"
30	Playground Balls, 10"
40	Pinnies, Slipover, with tie-down each side, (Red-20) (Yellow-20)
10	Softballs, Rubber, Official, 1st Grade
30	Softballs, Soft
12	Softball Bats, Elementary, 28" - 30"
2	Softball Chest Protectors for Girls
2	Softball Catcher's Mitts
2	Softball Masks
6 Sets	Softball Bases, Rubber Throw-down
20	Soccer Balls, Rubber, 1st Grade
4	Tape Measures, 100'
10	Tetherballs
15	Volleyballs, Rubber
5	Volleyball Nets, Rope Cable
6	Whistles, Official Metal

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<u>Space or Area</u>	<u>Number of Items</u>	<u>Description of Furniture/Equipment Needed</u>
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SUPPLIES (continued)

2	Parachutes
1	Large Push Ball - 4'
4	Tug-of-War Ropes DC-603, 50'
4 Sets	Poly-Scoop Ball Game
12	Long Stretch Ropes
12	Circular Stretch Ropes
60 Pieces	1/2" Round Doweling 36" long for Wands
60	Hoops (30 - 24") (30 - 30")
16	Cones, 7"
20	Cones, 12"
10	Cones, 18"
90	Jump Ropes, 8'
45	Jump Ropes, 16'
30	Foam Balls, 4"
30	Foam Balls, 8 1/2"
6	Stop Watches, 1/10 second, Digital
60	Flag Football Belts
60	Football Flags, Red
60	Football Flags, Yellow
30	Whiffle Balls 4"
30	Polar Vantage XL Heart Rate Monitors
1	Polar Computer Interface

IX. SPECIAL CONSIDERATIONS

- Built-in Cabinetry

A. Built-in work counter

NA

B. Built-in cabinets/shelving

Teacher office/storage - one wall floor-to-ceiling shelves 24" deep.

C. Built-in Instructional Aids

All teaching spaces to have minimum per S.R.E.F.

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IX. SPECIAL CONSIDERATIONS (continued)

- Other Considerations

Note: Site size may determine amount of physical education space available. (Any spaces not provided for must be approved by Supervisor of Physical Education).

OUTSIDE - Areas graded and sodded to provide for good drainage. Open areas provided for the placement of the hard court areas, two softball diamonds and space for field games. Trees left in as many other areas as possible.

SOFTBALL DIAMONDS: Provide two softball diamonds with backstops, homeplate and pitcher's plate. Distance between the bases should be 60 feet. Backstops provided on each diamond (10 ft.high).

HARD COURTS:

1. Provide for one hardcourt area measuring 80' x 100' and one hardcourt measuring 60' x 80'. The existing covered hardcourt measuring 40' x 80' will remain. Provide and install ten sets of adjustable basketball boards or fixed boards at various heights and supporting poles per the attached concept layout. Based on school site restrictions the court layout may require adjustments. Court should be of 4" reinforced concrete. Slightly sloped for drainage.
2. Provide and install one weatherproof duplex outlet at each court. Outlet to be mounted 1' above courts on back side of post supporting basketball backboard.
3. Contractor will provide paint, and provide equipment and apply marking to play courts. Paint should be white and yellow traffic paint. Courts' marking to be provided by Supervisor of Physical Education.
4. Sod around both courts. From edge of courts out 10 feet.
5. Provide four volleyball poles for each court area with two poles being removable. Removable poles must have screw-in caps flush with the hard court surface.

Physical Educational and Recreational Equipment
See attached playground equipment specification.

Furnish and install the following recreational and physical educational equipment including concrete foundation or anchor work, as detailed on drawings and in accordance with manufacturer's recommendation. Prior to installation of recreational and physical educational equipment a meeting shall occur to review and discuss drawings, installation instructions, site plan and equipment. Shop drawings shall be submitted and approved. Placement of equipment to be determined by the supervisor of Physical Education after the play area has been graded and sodded.

All foundation cement must be at least 8" underground. Cement anchor must be sufficient as not to allow the structure to move when shaken. An appropriate fall zone area must surround each piece of equipment where children can fall. The fall zone area surface must meet manufacturer's specification for area and depth and be ASTM certified for impact and ADA compliant. The installer should provide a performance bond.

All borders and containment barriers for recreational and physical education equipment shall be installed level with the existing or proposed grade, or install a properly sloped berm to remove existence of a step (tripping hazard) as directed by Pinellas County School Board representatives.