

PEACEFUL PLAYGROUNDS PROGRAM

NASPE Standards

Moving into the Future:

National Standards for Physical Education, 2nd Edition (2004)

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1:

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2:

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3:

Participates regularly in physical activity.

Standard 4:

Achieves and maintains a health-enhancing level of physical fitness.

Standard 5:

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6:

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Peaceful Playgrounds is a research-based program proven to be effective in increasing physical activity of children as well as minimizing negative behavior such as bullying in the school environment. The program includes approximately 100 games that are age appropriate, enhance motor and cognitive development, provides social interaction, play preferences, and provides cooperative and competitive games.

The Peaceful Playgrounds CREED identifies the most common issues that occur on a typical playground. The Peaceful Playgrounds program addresses these issues with effective strategies to improve your playground environment.

Peaceful Playgrounds CREED in alignment with the NASPE Physical Education Standards

- C Conflict Resolution** (Children lack problem solving skills.)
The Peaceful Playgrounds Program uses WALK, TALK, Rock Paper Scissors as strategies to help students resolve conflicts on the playground.
STANDARD 5
- R RULES** (There are numerous sets of rules for every playground game).
Peaceful Playgrounds provides approximately 100 age appropriate games and emphasizes the importance of consistency. There should be only one set of written rules that the entire school follows. It is necessary to teach the games to the students. Rules should be posted so they are easy access for all to resolve any conflicts. All games are fast entry, fast exit...or simply NO Do-Overs.
STANDARDS 2, 5, 6
- E Equipment** (There never seems to be enough, it disappears or destroyed.)
To increase the physical activity of children and to minimize negative behavior, children need equipment. It is recommended 1/10 as a minimum. Equipment must be age appropriate and a wide variety to meet the individual interests of students. Not all students enjoy highly competitive team sports, some prefer individual or small group play. Recess is free play, free choice and when a child engages in an activity they enjoy it is proven that the effort and intensity is higher. Equipment needs to be taken care of for it to last. An equipment check out system needs to be implemented which focuses on teaching students to take responsibility.
STANDARDS 2, 5, 6
- E Expectations** (A school-wide implementation)
Everyone needs to be on the same page, consistency is the key to success. The game rules, playground procedures, and addressing behaviors on the playground not just negative but also rewarding good.
STANDARDS 2, 5, 6

D Designs (Not enough to do and not age appropriate for all students)

To increase physical activity and minimize negative behavior on the playground children need to be engaged in positive activities. Providing a wide variety of designs on a playground gives children many choices and opportunities to be active. Peaceful Playgrounds Designs are developmentally appropriate that include individual, partner, cooperative and competitive games that

- Enhance motor development
- Enhance cognitive development
- Enhance social interaction
- Enhance play preferences

STANDARDS 1, 2, 3, 4, 5, 6

PEACEFUL PLAYGROUNDS

Preschool/Kindergarten Activities Guide NASPE Standards Alignment

ACTIVITY	SKILLS	NASPE STANDARDS
Alphabet Grid	Letter Recognition, Jumping & Sequencing, and Spelling Practice	1, 3, 5, 6
Balance Beam Snake	Eye-Foot Coordination and Balance Practice	1, 3, 5, 6
Cross-Over Walking Grid	Laterality, Left and Right Discrimination	1, 3, 5, 6
Directionality Box	Body & Space Coordination	1, 3, 5, 6
Galloping Track	Practice with Learning to Gallop	1, 3, 5, 6
Hopscotch	Hand-Eye Coordination & Sequencing of Numbers 1-10	1, 3, 5, 6
Jumping Grid	Directionality Practice & Jumping	1, 3, 5, 6
Leap Frog	Motor Planning and Leaping Practice	1, 3, 5, 6
Mid-Line Jumping Grid	Jumping, Motor Planning, & Gross Motor Coordination	1, 3, 5, 6
Multi-Use Circle	A variety of games and activities incorporating fitness, motor skills, and academic concepts.	1, 2, 3, 4, 5, 6
Number Grid	Number Recognition, Jumping & Sequencing, and Adding Practice	1, 3, 5, 6
Scattered Circles	Space Markers & Directionality Practice	1, 2, 3, 4, 5, 6
Scramble	Agility and Motor Coordination	1, 2, 3, 5, 6
Shape Grid	Identifying Four Basic Shapes	1, 3, 5, 6
Side Stepping	Midline Development	1, 3, 5, 6
Stepping Stones	Letter Recognition	1, 3, 5, 6
Tricycle Track	Gross Motor Coordination & Tricycle Riding	1, 3, 5, 6
Zig Zag Footprints	Practice with Interpreting Foot Patterns	1, 3, 5, 6

Peaceful Playgrounds activities for the Preschool/Kindergarten level focus on skill development rather than game and group type activities. At this age, play is predominately independent discovering how their bodies move and what their bodies can do. The Peaceful Playgrounds activity grids offer numerous opportunities for children to practice and develop the foundational gross motor skills.

PEACEFUL PLAYGROUNDS

Grades K-3 Activities Guide NASPE Standards Alignment

ACTIVITY	SKILLS	NASPE STANDARDS
Alphabet Grid	Letter Recognition, Jumping & Sequencing, and Spelling Practice	1, 3, 5, 6
Alphabet Track	Eye-Foot Coordination, Locomotor Movements Practice, Sequencing, and Alphabet Recognition	1, 3, 4, 5, 6
Ball Hopscotch	Hand-Eye Coordination, Eye-Foot Coordination and Sequencing of Numbers (Rolling, Bounce Catch, Dribbling)	1, 2, 3, 5, 6
Bean Bag Four Square	Hand-Eye Coordination (Tossing & Catching with a Manipulative)	1, 2, 3, 5, 6
Bean Bag Toss Target Game	Hand-Eye Coordination, Addition & Counting by "Fives" Practice (Tossing for Accuracy)	1, 2, 3, 5, 6
Cross-Over Walking Grid	Laterality, Left and Right Discrimination	1, 3, 5, 6
Freeze Out	Hand-Eye Coordination (Throwing & Catching)	1, 2, 3, 5, 6
Four Corners	Hand-Eye Coordination, Agility Practice, & Motor Planning	1, 2, 3, 5, 6
Four Square	Hand-Eye Coordination	1, 2, 3, 5, 6
Galloping Track	Practice with Learning to Gallop	1, 3, 5, 6
Hit the Stick	Hand-Eye Coordination	1, 2, 3, 5, 6
Hopscotch	Hand-Eye Coordination & Sequencing of Numbers 1-10	1, 3, 5, 6
Mid-Line Jumping Grid	Jumping, Motor Planning, & Gross Motor Coordination	1, 3, 5, 6
Multi-Use Square	A variety of games and activities incorporating fitness, motor skills, and academic concepts.	1, 2, 3, 4, 5, 6
Multi-Use Circle	A variety of games and activities incorporating fitness, motor skills, and academic concepts.	1, 2, 3, 4, 5, 6
Number Grid	Number Recognition, Jumping & Sequencing, and Adding Practice	1, 3, 5, 6
Scattered Circles	Space Markers & Directionality Practice	1, 2, 3, 4, 5, 6
Skipping Track	Practice with Learning to Skip	1, 3, 5, 6
Tetherball	Hand-Eye Coordination	1, 2, 3, 5, 6

Peaceful Playgrounds activities for the K-3 level focus on skill development as well as some small group and partner type activities. At this age, skill development is still the main focus. However, more activities that require more than one are introduced such as four square and tetherball.

PEACEFUL PLAYGROUNDS

Grades 3-6 Activities Guide NASPE Standards Alignment

ACTIVITY	SKILLS	NASPE STANDARDS
Around the World	Hand-Eye Coordination, Basketball Shooting Practice and Number Sequencing	1, 2, 3, 5, 6
Back Up	Hand-Eye Coordination	1, 2, 3, 5, 6
Basketball	Hand-Eye Coordination	1, 2, 3, 4, 5, 6
Bounceball	Hand-Eye Coordination	1, 2, 3, 5, 6
Boxball	Overall Coordination	1, 2, 3, 5, 6
Four Corners	Hand-Eye Coordination, Agility Practice, & Motor Planning	1, 2, 3, 5, 6
Four Square	Hand-Eye Coordination	1, 2, 3, 5, 6
Handball	Hand-Eye Coordination	1, 2, 3, 5, 6
Jollyball	Eye-Foot Practice & Upper Arm Development	1, 2, 3, 4, 5, 6
Longball	Hand-Eye Coordination	1, 2, 3, 5, 6
Newcomb	Hand-Eye Coordination	1, 2, 3, 5, 6
Pickle	Hand-Eye Coordination	1, 2, 3, 5, 6
Prisoner	Hand-Eye Coordination & Cooperative Learning	1, 2, 3, 5, 6
Sideline Basketball	Hand-Eye Coordination	1, 2, 3, 5, 6
Shuffleboard	Hand-Eye Coordination	1, 2, 3, 5, 6
Team Four Square	Hand-Eye Coordination & Cooperative Learning	1, 2, 3, 5, 6
Tetherball	Hand-Eye Coordination	1, 2, 3, 5, 6
Twenty-One	Hand-Eye Coordination	1, 2, 3, 5, 6
Volleyball	Hand-Eye Coordination	1, 2, 3, 5, 6
Volley Tennis	Hand-Eye Coordination	1, 2, 3, 5, 6

Peaceful Playgrounds activities for the 3-6 level focus on game and team sports. Each activity provides the opportunity for skill development in game settings. There are a wide variety of activities to meet the interests of the students. Some activities are individual, small group, and now at this level the more competitive team sports are available for the students.

PEACEFUL PLAYGROUNDS

Field Markings Activity Guide Grades 1-8 NASPE Standards Alignment

ACTIVITY	SKILLS	NASPE STANDARDS
Beat the Ball	Fielding, Catching, Throwing, & Base Running	1, 2, 3, 5, 6
Couples Tag	Running, Dodging, and Tagging	1, 2, 3, 4, 5, 6
Cross Over	Running, Dodging, and Tagging	1, 2, 3, 5, 6
Crows & Cranes	Running & Dodging	1, 2, 3, 4, 5, 6
Endline Soccer	Running & Kicking	1, 2, 3, 4, 5, 6
Frisbee Golf	Throwing for Accuracy	1, 2, 3, 5, 6
Hill Dill	Running & Tagging	1, 2, 3, 4, 5, 6
Home Run	Eye-Foot Coordination & Hand-Eye Coordination	1, 2, 3, 5, 6
Line Soccer	Kicking & Running	1, 2, 3, 4, 5, 6
Man From Mars	Running, Dodging, and Locomotor Practice	1, 2, 3, 4, 5, 6
Modified Soccer	Eye-Foot Coordination	1, 2, 3, 4, 5, 6
One Base Ball	Batting, Catching, Running, & Pitching	1, 2, 3, 5, 6
Rounders	Running & Throwing	1, 2, 3, 5, 6
Sideline Soccer	Kicking & Running	1, 2, 3, 5, 6
Snatch It	Running, Dodging, Chasing, & Tagging	1, 2, 3, 4, 5, 6
Softball	Hand-Eye Coordination, Pitching, Throwing, Catching & Batting	1, 2, 3, 5, 6
Throw It and Run Softball	Throwing, Running, Catching, Fielding, & Base Running	1, 2, 3, 5, 6
Touchdown	Running & Dodging	1, 2, 3, 4, 5, 6
Touch Football	Hand-Eye Coordination & Locomotor Practice	1, 2, 3, 5, 6
Work-Up Softball	Throwing, Catching, Hitting & Fielding	1, 2, 3, 5, 6

Peaceful Playgrounds field games incorporate a variety of sport and fitness skills. These activities provide practice opportunities to develop skills as well as a variety of physical activities that include exercise to help improve physical fitness.

Most of the Peaceful Playgrounds field games address all the NASPE standards because they include skill development, fitness activities, as well as social and personal behavior. The games that do not have Standard 4 (achieves and maintains a health-enhancing level of physical fitness) because these games do not involve continuous running or moving as with all the other games listed.