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## **PRIMARY EDUCATION AND PHYSICAL EDUCATION IN THE USA**

### **Home Health Aide New York**

In the United States of America education for children is compulsory and universally available, although this does not necessarily apply to pre-schools and the detail varies from state to state. Elementary school begins with kindergarten and extends through primary school which lasts for between 3 and 7 years. Curricula vary according to decisions at school district level too, although the emphasis remains on reading, writing, and mathematics [1].

#### **Academic Subjects:**

In the elementary level, the main focus is on Language Arts and Mathematics whereas Science and Social Science are taught every alternative terms. Reading is given utmost importance, the students are exposed to different genres of literature like fiction books, nonfiction and so on and are asked to write summary of their reading at third grade level. Almost all of the public schools follow research-based, pragmatic approach for teaching Science and Social Science. Some school district offer Spanish, French or Mandarin as additional language. Furthermost of the schools offer Music Bands from fourth or fifth grade.

From Kindergarten until third grade, the intensity of academic portions is slowly increased. When the child enters fourth grade they are given various competitive exam opportunities like Caribou, Olympiad for math and so on and based on their success in those exams they are given additional opportunities [2].

#### **Physical Education:**

Teaching K-12 Physical Education in every state K may be unique for a variety of reasons. For example, there are significant differences among school districts like facilities, equipment, time allotment, and many more. Let's say, it is important that the *New York State* Physical Education Learning Standards are developmentally appropriate for all students, including students with disabilities and English Language Learners.

Grades K-3 are required to have daily physical education for a minimum total of 120 minutes per week. Grades 4-6 are required to have physical education three days per week for a minimum total of 120 minutes per week [3].

The content of the Standards of Learning for Physical Education is organized around the following five essential strands of health and physical development and application:

1. Motor Skill Development – Demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities. In the elementary years, students develop maturity and adaptability in the use of fundamental motor skills and patterns that are then further refined and combined during the middle school years.

2. Anatomical Basis of Movement – Apply knowledge of the structures and functions of the body and how they relate to and are affected by human movement to learning and developing motor skills and specialized movement forms. Elementary students establish basic musculoskeletal vocabulary and use simple concepts as they develop their movements.

3. Fitness Planning – Achieve and maintain a health-enhancing level of personal fitness. Recommended criterion-referenced wellness testing (grade 4 & 5) includes Progressive Aerobic Cardiovascular Endurance Run (PACER), cadence push-ups, cadence curl-ups, back-saver sit and reach, and trunk lift. Elementary students become aware of health-related fitness components (aerobic capacity, muscular strength and endurance, flexibility, and body composition), and engage in a variety of physical activities, and develop a basic fitness plan.

4. Social Development – Demonstrate the aptitude, attitude, and skills to lead responsible, fulfilling, and respectful lives. Elementary students recognize and use rules and procedures, focus on safety, respect similarities and dissimilarities, and cooperate with others.

5. Energy Balance – Explain the importance of energy balance and nutritional needs of the body to maintain optimal health and prevent chronic disease. Elementary students understand the basic nutrition and fitness concepts of energy balance.

Physical education is one of the most brain compatible disciplines in schools today. For more than fifty years, pioneers in behavioral optometry and sensorimotor training have provided

statistical research showing the positive link between health and exercise in relation to student learning and achievement.

In other words, the brain is only as healthy as the body that carries it; therefore, health and physical education are an integral part of the learning process.

*Quote:* "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." – John F. Kennedy [4].

**References:**

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**STEM EDUCATION WITHIN THE SYSTEM  
OF OLYMPIC EDUCATION FOR SECONDARY SCHOOL  
STUDENTS**

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**Annotation.** The article is devoted to today's actual problem - the use of advanced technologies in the educational process. The content of the concept of STEM education is revealed and it is considered as an innovative technology in the implementation of Olympic education in institutions of general secondary education.

**Keywords:** STEM education, Olympic education, schoolchildren.