

# Laguna Beach Unified School District Demographics

## Laguna Beach, CA

*Laguna Beach, California is a small suburban town located approximately twenty minutes outside of Los Angeles. The Laguna Beach Unified School District spends \$9,011 dollars on each student and provides 2.9 computers per student. In the 2000 census, the median house price was 650,000 and the median income was 75,808.*

### Teacher Salary Schedule - Annual Salary Laguna Beach Unified, 2004-05

	District	Statewide Average for Unified School Districts
Lowest Offered	\$42,189	\$35,690
BA + 60 credits	\$68,731	\$55,599
Highest Offered	\$94,201	\$71,232
Average Paid	\$72,198	\$57,294

### Schools by Type Laguna Beach Unified School District, 2004-05

	Number of Schools	Enrollment	Full-Time Equivalent Teachers <sup>1</sup>	Pupil-Teacher Ratio <sup>2</sup>
Elementary	2	1,104	53.4	20.7
Middle	1	731	32.8	22.3
High School	1	935	40.2	23.3
<b>Total</b>	<b>4</b>	<b>2,770</b>	<b>126.4</b>	<b>21.9</b>

### Students by Ethnicity Laguna Beach Unified School District, 2004-05

	District		County
	Enrollment	Percent of Total	Percent of Total
American Indian	14	0.5%	0.5%
Asian	85	3.1%	12.7%
Pacific Islander	5	0.2%	0.6%
Filipino	11	0.4%	1.6%
Hispanic	252	9.1%	44.3%
African American	33	1.2%	1.9%
White	2,332	84.2%	36.5%
Multiple/No Response	38	1.4%	1.9%
<b>Total</b>	<b>2,770</b>	<b>100%</b>	<b>100%</b>

# Our Mission Statement:



*Our mission is to develop a physically educated person who has mastered the necessary movement skills to participate confidently in many different forms of physical activity, values physical fitness, and understands that both are intimately related to health and well-being.*

# Objectives

## K-5 Clusters

### **Psychomotor:**

1. Students will be able to perform motor skills.
2. Students will be able to demonstrate movement concepts.
3. Students will demonstrate locomotor skills in everyday activities.

### **Cognitive:**

1. Students will be able to identify personal space.
2. Students will be able to identify general space.
3. Students will be able to label body parts, bones, and muscles.

### **Affective:**

1. Students will explain why it is good to follow the rules.
2. Students will help others, attempt leadership roles, and take part in community service.
3. Students will demonstrate respect and sportsmanship towards one another throughout activities.

## **6-8 Clusters**

### **Psychomotor:**

1. Students will use skills in a sequence like a routine.
2. Students will demonstrate mechanically correct form of movements & combining movement skills in applied setting.
3. Students will work on fundamental skills for a variety of team sports.

### **Cognitive:**

1. Students will identify their own errors while doing something.
2. Students will start to recognize their performance capabilities.
3. Students will explain the mechanically proper forms in various activities.

### **Affective:**

1. Students will identify the benefits of exercise.
2. Students will set personal goals and begin to maintain friendships.
3. Students will demonstrate teamwork and cooperation towards one another in order to complete the skill required for that sport theme.

## **9-12 Cluster:**

### **Psychomotor:**

1. Students will perform at a level to improve their cardiovascular system.
2. Students will perform participate in a variety of activities and sports.
3. Students will demonstrate strategic moves and skills to complete the activity successfully and easily.

### **Cognitive:**

1. Students will identify what can happen in certain situations based on previous performance.
2. Students will make good strategic decisions while in play.
3. Students will explain the purpose of strategies that are required to complete everyday activities.

### **Affective:**

1. Students will discuss how they can improve their own personal fitness.
2. Students will identify the types of sports/activities that motivate exercise.
3. Students will maintain long lasting personal relationships.

# *Definitions:*

**Body/Spatial Awareness** – what the body can perform; the shapes it can make. How it can balance, and transfer of weight to different body parts.

**Cooperative Games** – the concept of working together for the common good of other players.

**Dance** – to move rhythmically usually to music, using prescribed or improvised steps and gestures.

**Fitness** – the state or condition of being fit; suitability or appropriateness.

**Fitness & Adventure** – participation of exciting and risky sports to maintain the condition of being physically fit.

**Gymnastics** – physical exercises designed to develop and display strength, balance, and agility, especially those performed on or with specialized apparatus.

**Individual & Dual Sports** – a sport that involves competition between one or two players.

**Manipulative Skills** - handling an object(s) with the hands, feet, or other parts.

**Locomotor Skills** - are even or uneven patterns that move the body through general space from one place to another. With the exception of the adapted locomotor movements (roll and crawl) the feet are used as the base of support.

**Team Sports** – a sport that involves competition between teams of players.

**Water Sports** – a sport played or undertaken on or in the water, as swimming, snorkeling, or surfing.

**Weight Training** – weightlifting done as a training program for improving or maintaining overall fitness, strength, or endurance.

<b>1. Locomotor Movement:</b>	K	1	2	3	4	5
<b>Walking/Running</b>						
Speed				X	X	X
Balance	X	X	X			
Direction	X	X				
<b>Jumping/Hopping/Leaping</b>						
Height				X	X	X
Balance	X	X	X			
Distance					X	X
<b>Skipping/Galloping</b>						
Coordination	X	X				
Speed				X	X	X
Timing	X	X	X			
<b>Sliding</b>						
Balance	X	X	X			
Direction	X	X				
Stance				X	X	X
<b>Grapevine/Karaoke</b>						
Coordination	X	X	X			
Balance	X	X	X			
Speed				X	X	X
<b>2. Gymnastics</b>						
<b>Tumbling</b>						
Pencil/Egg Roll			X	X		
Forward/Backward Roll	X	X	X			
Animal Movements				X	X	X
<b>Flexibility</b>						
Bridges/Flexed Arm Hang					X	X
Basic Stretches	X	X	X			
Sit and Reach				X	X	X
<b>Balance</b>						
Balance Beam				X	X	X
Lilly Pad Obstacle Course			X	X		
Walk the Line	X	X	X			
<b>Upper Body Strength</b>						
Tripod	X	X	X			
Rope Climb				X	X	X
Cargo Net				X	X	X
<b>Lower Body Strength</b>						
Core Exercises				X	X	X
Squat Jumps			X	X	X	
Step-Ups	X	X	X			
<b>3. Body/ Spatial Awareness</b>						
<b>Personal Space</b>						
Direction	X	X	X			
Levels				X	X	X

Distance				X	X	X
<b>General Space</b>						
Direction	X	X	X			
Levels				X	X	X
Distance				X	X	X
<b>Tag Games</b>						
Freeze Tag		X	X			
Spelling Tag				X	X	X
Number Tag/Math Problems					X	X
<b>Senses</b>						
Touch/Sight	X	X	X			
Feel	X	X	X			
Hear	X	X	X			
<b>Control</b>						
Levels				X	X	X
Strength					X	X
Speed					X	X
<b>4. Manipulative Skills</b>						
<b>Striking</b>						
Small/Long Armed Objects				X	X	X
Distance					X	X
Timing		X	X	X		
<b>Kicking</b>						
Levels				X	X	X
Juggling					X	X
Ball		X	X	X		
<b>Throwing</b>						
Targets	X	X	X			
Underhand/Overhand	X	X	X			
Beanbag Activities/Soft Objects	X	X	X			
<b>Catching</b>						
Hand Eye Coordination	X	X	X			
Dominant/Non Dominant Hand	X	X	X			
Levels				X	X	X
<b>Cooperative Manipulative Activities</b>						
Individual	X	X	X			
Partner			X	X	X	
Group				X	X	X
<b>5. Dance</b>						
<b>Rhythmic Ball Skills</b>						
Pass the Ball Routine	X	X	X			
Pop Goes the Weasel Routine	X	X	X			
Hot Hot Hot Routine	X	X	X			
<b>Children's Dances</b>						
Chicken Dance			X	X	X	
Ring Around the Rosie		X	X	X		



Hokey Pokey			X	X	X	
<b>Rhythmic Parachute Activities</b>						
Merry-Go-Round			X	X	X	
Ripples & Waves	X	X	X			
Wheels on the Bus Routine			X	X		
<b>Rhythmic Rope Jumping</b>						
Skills	X	X	X			
Long Ropes				X	X	X
Jump Rope Routine					X	X
<b>Rhythmic Ribbons &amp; Scarves</b>						
Skills	X	X	X			
Streamer Routine				X	X	X
Scarf Routine				X	X	X

	6-8	6	7	8
<b>1. Team Sports</b>				
<b>Volleyball</b>				
Bumping		X	X	
Serving/Rotation		X	X	
Setting			X	X
<b>Softball</b>				
Catching		X	X	
Throwing		X	X	
Hitting			X	X
<b>Basketball</b>				
Dribbling		X	X	
Shooting		X	X	X
Passing		X	X	
<b>Soccer</b>				
Kicking		X	X	
Passing			X	X
Trapping				X
<b>Football</b>				
Throwing		X	X	
Catching		X	X	
Rules			X	X
<b>2. Individual and Dual Sports</b>				
<b>Bowling</b>				

Basic Rules/Strategy	X	X	
Finger Placement/Grip	X	X	
Rolling		X	X
<b>Swimming</b>			
Treading Water/Breathing	X	X	
Front Crawl/Doggy Paddle	X	X	
Back Crawl		X	X
<b>Tennis</b>			
Forehand/Backhand	X	X	X
Basic Rules	X	X	
Serving			X
<b>Mini Golf</b>			
Putting	X	X	
Accuracy		X	X
Safety	X	X	
<b>Shuffle Board</b>			
Speed		X	X
Accuracy		X	X
Rules/Strategy		X	X
<b>3. Cooperative Games</b>			
<b>Island Escape</b>			
Team work		X	X
Strategy		X	X
Communication	X	X	
<b>The Snake</b>			
Strategy		X	X
Flexibility	X	X	X
Teamwork		X	X
<b>Turn Over a New Leaf</b>			
Communication	X	X	
Strategy		X	X
Teamwork		X	X
<b>Midnight Crossing</b>			
Communication	X	X	
Body Awareness	X		
Teamwork		X	X
<b>The Tire Bridge</b>			
Strategy		X	X
Communication	X	X	
Teamwork		X	X
<b>4. Fitness</b>			
<b>Cardiovascular</b>			
Short Distance Running	X	X	
Long Distance Running			X
Relays		X	X
<b>Flexibility</b>			

Ballistic				X
Static	X		X	X
PNF			X	X
<b>Jump roping</b>				
Basic 1 hop	X			
Side to Side			X	
Criss Cross				X
<b>Strength/Power</b>				
Push ups	X		X	X
Sit ups	X		X	X
Power Jumps, Vertical Jumps				X
<b>Speed/Agility</b>				
Shuttle Run	X		X	
Tire Maze			X	X
Obstacle Course			X	X
<b>5. Dance</b>				
<b>Square Dance</b>				
Square Dance terms	X		X	
Ski Bumpus			X	X
Six Corners			X	X
<b>Social Dance</b>				
Cha Cha				X
Salsa			X	
Waltz	X			X
<b>Contra Dance</b>				
Spring Fever	X			
Virginia Reel			X	
'Pump It Up'				X
<b>Line Dancing</b>				
YMCA	X			
Electric Slide			X	X
Macarena			X	X
<b>American Heritage</b>				
Barn Dance	X		X	
Charleston Bump			X	X
Oklahoma Mixer				X

9-12

9

10

11

12

**1. Team Sports**

**Lacrosse**

Ball handling

X

X

Catching

X

X

X

X

Strategy

X

X

X

**Floor Hockey**

Shooting

X

X

Defending

X

X

Passing			X	X
<b>Basketball</b>				
Defensive Positions	X	X		
Strategy/Anticipation		X	X	
Game Scenarios/Team Affiliation			X	X
<b>Volleyball</b>				
Setting/Spiking			X	X
Defense/Blocks/Digs			X	X
Game Scenarios	X	X	X	X
<b>Football</b>				
Throwing	X	X		
Defensive Strategies		X	X	
Route Running			X	X
<b>2. Individual and Dual Sports</b>				
<b>Golf</b>				
Driving	X	X		
Chipping			X	X
Putting		X	X	
<b>Badminton</b>				
Serving	X	X		
Forehand		X	X	
Backhand		X	X	
<b>Pickle ball</b>				
Serving	X	X		
Forehand		X	X	
Overhead Shots			X	X
<b>Frisbee</b>				
Throwing	X	X		
Catching	X	X		
Ultimate Frisbee		X	X	X
<b>Horseshoes</b>				
Safety	X	X	X	
Throwing	X	X		
Scoring/Rules		X	X	X
<b>3. Weight Training</b>				
<b>Upper Body</b>				
Arms	X	X		
Chest		X	X	
Abs			X	X
<b>Lower Body</b>				
Quads			X	X
Squats		X	X	
Leg Curls	X	X		
<b>Cardiovascular</b>				
Treadmill	X	X		
Stationary Bike			X	X

Stepper	X	X		
<b>Non Manipulative</b>				
Sit Ups	X	X		
Push Ups	X	X		
Crunches			X	X
<b>Safety</b>				
Breathing	X	X		
Repetition			X	X
Spotting				X
<b>4. Water Sports</b>				
<b>Surfing/Boogey Boarding</b>				
Paddling/Position	X	X		
Catching a Wave			X	X
Riding the Wave			X	X
<b>Water Polo</b>				
Treading Water	X	X		
Rules/Regulations			X	X
Throwing/Catching/Scoring		X	X	
<b>Competitive Swimming</b>				
Freestyle	X	X		
Breast Stroke		X	X	
Back Stroke			X	X
<b>Synchronized Swimming</b>				
Breathing	X	X		
Timing	X	X		
Coordination			X	X
<b>Kayaking</b>				
Timing of Stroke	X	X		
Safety		X	X	
Strength			X	X
<b>5. Fitness/Adventure</b>				
<b>Track</b>	X	X		
Running			X	X
Long Jump			X	X
Shot Put				
<b>Jump roping</b>				
Single Hop	X	X		
Partners			X	X
Group				X
<b>Wall Climbing</b>				
Strength			X	X
Belaying			X	X
Knot Tying	X	X		
<b>Rope Walking</b>				
Good Pace	X	X		
Accuracy		X	X	

Eliminate Fear			X	X
<b>Trust Activities</b>				
Trust Fall	X	X		
Blindfolded Walking	X	X		
Mind Field Activity			X	X

***Resources:***

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