

Curriculum overview for Physical Education (01/19)

What does P.E. mean? Physical Education. Students learn doing something physical, means to put one's body in motion, or movement. Education means to learn. When combined we learn about how the body works in motion or with movement.

Curriculum based on five standards:

1. Movement Competence and Understanding
2. Physical and Personal Wellness
3. Emotional and Social Wellness
4. Prevention and Risk Management

Grades K-2 expectations:

- Spatial awareness, motor skills (walking, galloping, jumping, hopping, side-sliding, leaping and skipping), and non-motor skills (fundamental body movements that do not incorporate traveling, i.e.: bending, stretching)
- Body Movement
- Listening skills and the ability to follow direction
- Cooperative Learning
- Respect for the individual, equipment, gym

Grades 3-5 expectations:

- Identify the major characteristics of mature motor, non-motor, manipulative (motor skills involving an object), and rhythmic skills (music and dance, an integration of agility, coordination, balance, and flexibility)
- Peer involvement (providing and receiving feedback related to and from mature locomotor and manipulative skills)
- Recognize the relationship between healthy nutrition and exercise
- Recognize the benefits derived from regular, moderate, and vigorous physical activity
- Identify and describe the benefits, risks, and safety factors associated with regular participation in physical activity

Grades 6-8 expectations:

- Combine elements of movement and skills concepts
- Understand and apply game strategies to physical activities and sports
- Develop strategies to communicate ideas and feelings
- Demonstrate inclusiveness in and out of classroom settings
- Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness

Sports Skills: (Rotated, *taught annually)

*Basketball
Waboba (softball/baseball lead up)
*Volleyball
Badminton
Tennis
Hockey
*Jump rope (American Heart Association fundraiser)
*Soccer
Golf
*Running (portion of Presidential Fitness Test, one mile run for time)

Kickball
Karate
Ballroom Dance
*Dance (line, partner, cooperative)
Fencing (February 2019, grades 5-8)
Wrestling (Middle School only)
Handball
*Gymnastics
*Yoga/Pilates
CrossFit
Agility/Fitness Circuit Training