

Physical Education Curriculum
Goals
Kindergarten

The students will...

1. Explore and develop kinesthetic awareness/skills and coordination through movement Education.
2. Engage in a variety of physical activities to develop skills in locomotor, non-locomotor, Balance, and manipulative activities.
3. Interact with each other in small groups to accomplish a game objective.
4. Demonstrate the ability to share, be cooperative, and be safe with others.
5. Apply, with teacher reinforcement, class rules, procedures and safety practices.
6. Recognize that active play makes people strong and healthy.

Content

1. Body and special awareness
2. Gymnastic movements
3. Health related fitness
4. Low organization games
5. Manipulative activities, ie, Aalls, jump ropes, bean bags, etc.
6. Fair play
7. Group relays.

Physical Education Curriculum
Goals
Grade 1

Students will....

1. Demonstrate progress toward the correct form in basic movement and manipulative skills.
2. Cooperate effectively with partners and small groups to accomplish an assigned task or to achieve a goal and winning games.
3. Engage in moderate to vigorous physical activity to develop an acceptable level of physical fitness.
4. Describe and demonstrate personal health habits.
5. Apply, with teacher reinforcement, class rules, procedures, and safety practices.
6. Understand and demonstrate appropriate sportsmanship.

Content

1. Body awareness
2. Basic and creative movement patterns
3. Gymnastic movement
4. Health related fitness
5. Manipulative skills
6. Games of low organization
7. Sportsmanship

Physical Education Curriculum
Goals
Grade 2

Students will...

1. Execute basic movement patterns and manipulative skills in simple combinations--individually and with a partner.
2. Cooperate effectively with partners and small groups. (Develop a sense of fair play and cooperation)
3. Demonstrate independence and good use of time while participating actively in games of low organization.
4. Identify some components of healthful living and describe lifestyle behaviors that are potentially unhealthy.
5. Apply rules, procedures, and safe practices, with teacher reinforcement while participating in low organization games.

Content

1. Body Awareness
2. Basic and creative movement patterns
3. Gymnastic movements
4. Health related fitness
5. Manipulative skills
6. Games of low organization
7. Sportsmanship

Physical Education Curriculum
Goals
Grade 3

Students will...

1. Demonstrate proper form in motor patterns and in the handling of manipulative objects.
2. Demonstrate respect for all students regardless of individual differences in skills and abilities.
3. Engage in a variety of moderate and vigorous physical activities.
4. Recognize the components of health related fitness.
5. Apply knowledge, safety and proficiency in skills required in the performance of low organized and lead up games.
6. Demonstrate fundamental movement skills.

Content

1. Body awareness
2. Basic and creative movement patterns
3. Introductory aerobic patterns
4. Introductory fitness and strength activities
5. Refine basic ball skills
6. Lead up related to: soccer, volleyball, softball, basketball, and forms of kickball
7. Sportsmanship and fair play.

Physical Education Curriculum
Goals
Grade 4

Students will...

1. Develop the proper techniques necessary to perform a variety of fundamental skills.
2. Cooperate effectively with a partner or group to accomplish as assigned task during games and activities.
3. Correlate regular participation in physical activity with improvement in fitness and skill development.
4. Identify and demonstrate the components of health related physical fitness.
5. Follow activity-specific rules, procedures and safety practices.

Content

1. Body awareness
2. Basic and creative movement patterns
3. Continue progression through aerobic patterns
4. Continue practice on strength, endurance, and agility exercises.
5. Lead up games related to: volleyball, softball, basketball, and team handball
6. Terminology and rules of kickball and soccer
7. Sportsmanship and fair play

Physical Education Curriculum
Goals
Grade 5

Students will...

1. Demonstrate the fundamental skills necessary to perform a variety of games and activities.
2. Demonstrate positive interactions with others in cooperative and competitive physical activities.
3. Achieve and maintain a health enhancing level of physical fitness
4. Participate in health related fitness activities
5. Follow activity-specific rules, procedures and safety practices.
6. Perform fitness activities to build strength, endurance, coordination and agility.

Content

1. Body awareness
2. Basic and creative movement patterns
3. Continue progression through aerobic patterns
4. Dancing classrooms
5. Terminology and rules for: softball and basketball
6. Continue lead up games for: volleyball and football
7. Refine individual skill techniques for: kickball and soccer
8. Introduce ultimate Frisbee, pickleball, speedball and team handball
9. Sportsmanship and fair play

Physical Education Curriculum
Cross Country Goals
Grades 6, 7, 8

Students will...

1. Understand that physical activity provides opportunities for enjoyment, health enhancement, challenge, self expression and social interaction.
2. Demonstrate and understand setting a personal goal and work to achieve that goal.
3. Develop the ability to challenge themselves on an individual level.
4. Achieve, maintain, and build a health enhancing level of personal fitness.
5. Demonstrate how to support others.

Content

1. Body movement
2. Cardiovascular endurance
3. Setting personal goals
4. Individual skill development
5. Challenge and work ethic
6. Self motivation

Games Goals
Grades 6,7,8

Students will...

1. Demonstrate and apply advanced movement skills and strategies during game play
2. Develop team spirit and be of assistance to other team members
3. Achieve and maintain a health enhancing level of personal fitness
4. Understand and follow rules of different games and activities
5. Demonstrate sportsmanship and cooperate in a group setting

Content

1. Body movement
2. Agility, accuracy, aim, speed
3. Continued skill development through games and activities
4. Sportsmanship and teamwork
5. Cooperation and competitiveness

Fitness Fun Goals
Grades 6,7,8

Students will...

1. Achieve and maintain a health enhancing level of personal fitness.
2. Understand that physical activity provides opportunity for enjoyment, health enhancement, challenge, and social interaction.
3. Demonstrate how to perform both strength and endurance exercises with proper form.
4. Demonstrate responsible and safe personal and social behavior with respect for others in physical activity settings.
5. Demonstrate and teach a fitness fun content topic.

Content

1. Muscular endurance
2. Muscular strength
3. Cardiovascular endurance
4. Flexibility
5. Fun in physical environment
6. Body awareness and movement