

PHYSICAL EDUCATION

KINDERGARTEN

GOAL - Students will participate regularly in a variety of physical activities and demonstrate an understanding of the physical, social and spiritual benefits gained from involvement in such activities.

Learner Outcomes - By the end of the year the student:

- a. Develops body awareness relationship to space, levels, speed, pathways and directions.
- b. Performs body management skills such as balance, agility and flexibility.
- c. Displays manipulative skills such as rolling, tossing, throwing, bouncing, kicking, catching and trapping objects.
- d. Performs loco-motor rhythmic activities.
- e. Participates in low organized games.
- f. Performs individual stunts and tumbling balances.
- g. Recognizes the health related physical fitness component of cardiorespiratory endurance.
- h. Applies knowledge of safety rules.
- i. Displays a positive attitude and behavior toward self and others.
- j. Performs loco-motor skills of skipping, hopping, sliding, galloping, jumping and leaping.
- k. Displays awareness of the use of jump ropes and racquets.
- l. Identifies individual body parts.
- m. Demonstrates the ability to follow multiple directions.

Learner Exposures - By the end of the year the student understands the importance of rules and safety factors as related to activity.

FIRST GRADE

GOAL - Students will participate regularly in a variety of physical activities and demonstrate an understanding of the physical, emotional, social and spiritual benefits gained from involvement in such activities.

Learner Outcomes - By the end of the year the student;

- a. Develops body awareness relationship to space, levels, speed, pathways and directions.
- b. Performs body management skills such as balance, agility and flexibility.
- c. Displays manipulative skills such as rolling, tossing, throwing, bouncing, kicking, catching and trapping objects.
- d. Performs loco-motor rhythmic activities.
- e. Participates in low organized games.
- f. Performs individual stunts and tumbling balances.
- g. Recognizes the health related physical fitness component of cardiorespiratory endurance.
- h. Applies knowledge of safety rules.

- i. Displays a positive attitude and behavior toward self and others.
- j. Demonstrates the use of right and left sides when throwing, hitting and kicking.
- k. Understands the concept of “team”.
- l. Adapts to small groups or partners.
- m. Demonstrates jump rope skills of forward and backward jumps.
- n. Displays ability to propel an object with a bat or racquet.
- o. Incorporates loco-motor movements in games.

Learner Exposures - By the end of the year the student;

- a. Understands team concept and resulting competition.
- b. Develops an understanding of opposition when throwing an object.
- c. Recognizes the ultimate goal of an activity is not winning.

SECOND GRADE

GOAL - Students will participate regularly in a variety of physical activities and demonstrate an understanding of the physical, emotional, social and spiritual benefits gained from involvement in such activities.

Learner Outcomes - By the end of the year the student;

- a. Develops body awareness relationship to space, levels, speed, pathways and directions.
- b. Performs body management skills such as balance, agility and flexibility.
- c. Performs loco-motor rhythmic activities.
- d. Performs individual stunts and tumbling balances.
- e. Recognizes the health related physical fitness component of cardiorespiratory endurance.
- f. Recognizes the need for muscle preparation before activity.
- g. Applies knowledge of safety rules.
- h. Displays a positive attitude and behavior toward self and others.
- i. Displays ability to stay on task with a partner or in small groups.
- j. Demonstrates jump rope skills of forward, backward and side swings.
- k. Performs overhead and underhand hits with a racquet.
- l. Displays soccer skills of dribbling, passing, kicking, rolling and catching.
- m. Displays manipulate skills with Frisbees, parachute, horseshoes and hoops.

Learner Exposures - By the end of the year the student;

- a. Develops the understanding of fair play and honesty.
- b. Recognizes individual effort in a team environment.

THRID GRADE

GOAL - Students will participate regularly in a variety of physical activities and demonstrate an understanding of the physical, emotional, social and spiritual benefits gained from involvement in such activities.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules.
- b. Demonstrates skills of throwing, kicking, and catching balls through organized games.
- c. Performs individual and couple stunts and balances.
- d. Performs a series of exercises to music.
- e. Demonstrates basketball skills of dribbling, passing (chest pass, bounce pass and over-head pass) and participates in lead-up games.
- f. Displays soccer skills of throw-ins, dribbling, passing and goal keeping and participates in lead-up games.
- g. Performs jump rope skills of forward and backward, side swings and skier and is able to move into and out of a turned rope.
- h. Executes tennis skills of dribble-ups and downs, forehand and backhand hits.
- i. Demonstrates the ability to hit a pitched ball with a bat and participate in softball lead-up games.
- j. Displays knowledge of volleyball rules by participating newcomb and other lead-up games.
- k. Performs the track and field activities of relays and long jump.
- l. Displays knowledge of badminton skills and rules during game situations.
- m. Participates in 4-square, shuffleboard, tug-of-war and various partner challenges.
- n. Displays skills of conflict resolution in games of dodge ball, prisoner's base, club snatch and omega virus.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of resolving conflicts in acceptable ways.
- b. Develops the understanding of fair play and how it affects both teams.

FOURTH GRADE

GOAL - Students will participate regularly in a variety of physical activities and demonstrate an understanding of the physical, emotional, social and spiritual benefits gained from involvement in such activities.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules to all activities.
- b. Performs individual and partner stunts and balances.
- c. Demonstrates basketball skills of dribbling, passing and participates in lead-up games.

- d. Displays soccer skills of throw-ins, dribbling, passing and goal keeping and participates in lead-up games.
- e. Performs jump rope skills of forward and backward, side swings, skier and crisscross and is able to demonstrate a series of activities while jumping a long rope.
- f. Perform tennis skills of drop hits, forehand and backhand hits while using the correct grip of a racquet.
- g. Demonstrates the ability to hit a pitched ball with a bat and participate in softball lead-up games.
- h. Displays knowledge of volleyball rules by participating in lead-up games.
- i. Performs the track and field activities of high jump, long jump, relays and using batons.
- j. Executes knowledge of simple football plays during flag football games.
- k. Displays knowledge of badminton skills and rules during game situations.
- l. Participates in 4-square, shuffleboard, tug-of-war and various partner challenges.
- m. Performs floor hockey skill of passing, trapping and shooting in game situations.
- n. Displays skills of conflict resolution in games of dodge ball, prisoner's base, club snatch and omega virus.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of each individual in a team situation.
- b. Demonstrates an elementary knowledge of the importance of strategy in games.

FIFTH GRADE

GOAL – Students will develop skills in activities and sports designed to carry over into a lifetime habit of involvement. Student will explore the positive effect that involvement in physical activities has on a person's physical, mental and spiritual well-being.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules to all activities.
- b. Performs individual and partner stunts and balances.
- c. Demonstrates basketball skills of dribbling, passing and demonstrates knowledge of rules in lead-up games.
- d. Displays soccer skills of throw-ins, dribbling, passing and goal keeping and participates in soccer games demonstrating knowledge of rules.
- e. Perform tennis skills of forehand, backhand and overhead hits while using the correct grip while demonstrating knowledge of rules and scoring in "singles" games.
- f. Demonstrates the skills of hitting, pitching, catching and base running during participation in softball games.
- g. Executes knowledge of simple football plays and terminology during flag football games.

- h. Performs floor hockey skill of passing, trapping and shooting and demonstrates knowledge of scoring and rules in game situations.
- i. Demonstrates the volleyball skills of serving and bumping.
- j. Performs the high jump, long jump, long distance and sprints
- k. Executes table tennis skills of forehand, backhand and serving and demonstrates knowledge of scoring and rules in game situations.
- l. Participates on a deck tennis team, demonstrating knowledge of rotation, scoring, serving and rules.
- m. Displays knowledge of drop shot and smash in a badminton game.
- n. Demonstrates knowledge of rules of shuffleboard and bowling.
- o. Challenges themselves through physical fitness testing and partner challenges.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of team work through strategic plays.
- b. Understands that physical activity can be fun regardless of skill level.
- c. Recognizes the importance of stretching and exercising.
- d. Practices good sportsmanship.

SIXTH GRADE

GOAL – Students will develop skills in activities and sports designed to carry over into a lifetime habit of involvement. Student will explore the positive effect that involvement in physical activities has on a person’s physical, mental and spiritual well-being.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules to all activities.
- b. Displays soccer skills and knowledge of rules and strategy in organized and refereed games.
- c. Executes basketball skills of dribbling, passing and demonstrates knowledge of rules by participating in games.
- d. Perform tennis skills of forehand, backhand and overhead hits while using the correct grip while demonstrating knowledge of rules and scoring in a doubles tournament.
- e. Participates in softball games demonstrating the skills of hitting, pitching, catching and base running and knowledge of the rules.
- f. Executes knowledge of simple football plays and terminology during flag football games.
- g. Performs floor hockey skill of passing, trapping and shooting and demonstrates strategy in game situations.
- h. Demonstrates the volleyball skills of serving, bumping and setting while executing the rules in game situations.
- i. Performs the high jump, long jump, long distance relays, sprints, softball throws and shot put.

- j. Executes table tennis skills of forehand, backhand and serving and demonstrates knowledge of scoring and rules in a tournament.
- k. Participates on a deck tennis team, demonstrating knowledge of rotation, scoring, serving and rules.
- l. Demonstrates knowledge of rules of shuffleboard and bowling.
- m. Demonstrates a controlled golf stance, swing and grip when hitting with woods and irons.
- n. Challenges themselves through physical fitness testing and partner challenges.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of stretching and exercising.
- b. Executes the principals of opposition, balance and resistance in all activity.
- c. Recognizes that competing with effort, skill and strategy enhances team cooperation and performance.

SEVENTH GRADE

GOAL – Students will develop skills in activities and sports designed to carry over into a lifetime habit of involvement. Student will explore the positive effect that involvement in physical activities has on a person’s physical, mental and spiritual well-being.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules to all activities.
- b. Displays soccer skills and knowledge of rules and strategy in organized and refereed games.
- c. Executes basketball skills of dribbling, passing and demonstrates knowledge of rules by participating in games.
- d. Perform tennis skills of forehand, backhand and overhead hits while using the correct grip while demonstrating knowledge of rules and scoring in a doubles tournament.
- e. Participates in softball games demonstrating the skills of hitting, pitching, catching and base running and knowledge of the rules.
- f. Executes knowledge of simple football plays and terminology during flag football games.
- g. Performs floor hockey skills of passing, trapping and shooting and demonstrates strategy in game situations.
- h. Demonstrates the volleyball skills of serving, bumping and setting while executing the rules in game situations.
- i. Performs the high jump, long jump, long distance relays, sprints, softball throws and shot put.
- j. Executes table tennis skills of forehand, backhand and serving and demonstrates knowledge of scoring and rules in a tournament.
- k. Participates on a deck tennis team, demonstrating knowledge of rotation, scoring, serving and rules in a round robin tournament.
- l. Demonstrates knowledge of rules of shuffleboard and bowling.

- m. Demonstrates a controlled golf stance, swing and grip when hitting with woods and irons.
- n. Challenges themselves through physical fitness testing and partner challenges.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of stretching and exercising.
- b. Executes the principals of opposition, balance and resistance in all activity.
- c. Recognizes that competing with effort, skill and strategy enhances team cooperation and performance.

EIGHTH GRADE

GOAL – Students will develop skills in activities and sports designed to carry over into a lifetime habit of involvement. Student will explore the positive effect that involvement in physical activities has on a person’s physical, mental and spiritual well-being.

Learner Outcomes - By the end of the year the student;

- a. Applies knowledge of safety rules to all activities.
- b. Displays soccer skills and knowledge of rules and strategy in organized and refereed games.
- c. Executes basketball skills of dribbling, passing and demonstrates knowledge of rules by participating in games.
- d. Perform tennis skills of forehand, backhand and overhead hits while using the correct grip while demonstrating knowledge of rules and scoring in a doubles tournament. Transfers knowledge and skills into play on regulation courts.
- e. Participates in softball games demonstrating the skills of hitting, pitching, catching and base running and knowledge of the rules.
- f. Executes knowledge of simple football plays and terminology during flag football games.
- g. Performs floor hockey skills of passing, trapping and shooting and demonstrates strategy in game situations.
- h. Demonstrates the volleyball skills of serving, bumping and setting while executing the rules in game situations.
- i. Performs the high jump, long jump, long distance relays, sprints, softball throws and shot put.
- j. Executes table tennis skills of forehand, backhand and serving and demonstrates knowledge of scoring and rules in a tournament.
- k. Participates on a deck tennis team, demonstrating knowledge of rotation, scoring, serving and rules in a round robin tournament.
- l. Demonstrates the approach, release and follow through in bowling and the knowledge of rules, etiquette and scoring at a bowling alley.
- m. Demonstrates a controlled golf stance, swing and grip when hitting with woods and irons.
- n. Challenges themselves through physical fitness testing and partner challenges.

Learner Exposures - By the end of the year the student;

- a. Recognizes the importance of stretching and exercising.
- b. Executes the principals of opposition, balance and resistance in all activity.
- c. Recognizes that competing with effort, skill and strategy enhances team cooperation and performance.