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.

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**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.
THIRD 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;

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

- Recognizes the importance of resolving conflicts in acceptable ways.
- 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;

- Applies knowledge of safety rules to all activities.
- Performs individual and partner stunts and balances.
- 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.