



## Physical Education Program

**Kindergarten:** Kindergartners learn cooperation and sportsmanship during P.E. We will develop motor skills such as galloping, leaping, throwing, kicking, catching, and skipping. We practice hand/eye coordination. We will play games that reinforce skills learned. Dance and movement skills are incorporated.

**1<sup>st</sup> Grade:** As the students follow the first grade physical fitness program, they will build on locomotor movements such as skipping, galloping, running, leaping and hopping. They will also begin basic forms of non-locomotor movements such as throwing, catching and kicking. Fitness concepts will also be introduced. Dance and movement skills are incorporated. Throughout the year students will be learning the basic concepts of teamwork, fair play, and good leadership.

**2<sup>nd</sup> Grade:** Skill development is important in second grade. Students will learn and review locomotor movements such as skipping, leaping, galloping, hopping, and running. They review the basic forms of non-locomotor movements such as throwing, catching, kicking, and striking. Fitness concepts will be developed. Along with the basic concepts, the students are learning fair play, compassion and leadership. Dance and movement skills are incorporated.

**3<sup>rd</sup> Grade:** At this grade level, students review basic skills, and continue to improve accuracy and form. Students focus on teamwork, fair play, constructive competition, and leadership. Dance and movement skills are incorporated. Fitness concepts are reviewed, and emphasis is placed on implementing a lifetime of fitness activities.

**4<sup>th</sup> Grade:** At the fourth grade level locomotor and non-locomotor skills are reviewed and reinforced. The basic skills of movement are taught. Dance and movement skills are incorporated. These are then incorporated into games and life skills so that students are better able to use them for lifelong fitness. Teamwork, fair play, competition, and leadership are also emphasized.

**5<sup>th</sup> Grade:** Large and small motor skills and object control can still be in a developing stage at this grade level; however, the class is focused on how these skills can be used in various sports and activities. Refining of these skills is still occurring. Emphasis is on learning and developing specific skills for specific sports. The concept of team and team sports is used extensively. Introduction to rules of the various sports and activities occurs at this grade level. Physical fitness continues with building strength and endurance to a higher level and adding to that power. Dance and movement skills are incorporated. Fitness as a lifelong pursuit is stressed. An emphasis is also placed on social and personal skills such as leadership and cooperation, sports etiquette and fair

play, dealing with winning and losing, individual and property respect, tactic perseverance, and best effort.

**6<sup>th</sup> Grade:** Good physical fitness is stressed both for now and the future. Students are introduced to a healthy life-style. They are taught the value of various muscles and the proper exercise and stretch for each one. Emphasis is on learning and developing specific skills for each sport. Team sportsmanship and working together is stressed while learning the rules of various sports. Dance and movement skills are incorporated. The social and personal skills worked on are: leadership, cooperation, etiquette, fair play, dealing with winning and losing, respect of individual and property, perseverance, and best effort. Bowling is taught as an example of a life-long recreational sport to enjoy and it coordinates well with math for scoring.

**7<sup>th</sup> Grade:** A variety of sports and activities help to continue to develop and refine physical fitness, loco motor skills, and object control. Continuing to build strength, endurance, and flexibility set the groundwork for keeping fit. Various team sports are used as units of instruction. Rules and skills are learned in addition to social and personal development: cooperation, leadership, integrity, respect, fair play, initiative, responsibility, effort, self-discipline, goal setting, decision making, and performance standards.

**8<sup>th</sup> Grade:** Students in the eighth grade are taught multiple units per quarter. They include soccer, football, volleyball, basketball, floor hockey, fitness and bowling. In these units students are taught the basic rules, skills, and strategies needed to compete in each one. In addition, fitness testing is conducted at the beginning and ending of the year as a means of gauging improvement in their over-all fitness.