



Curriculum Summary

Physical Education Grades K-8

Kindergarten

The students will demonstrate motor skills through individual and group activities. The students will demonstrate a positive self-concept through successful experiences at the individual level of performance. The students will demonstrate basic movements, i.e. loco motor, non-loco motor, and body awareness. The students will participate in perceptual motor program. The students demonstrate sportsmanship through guided and structured activities.

Grade 1

The students will demonstrate motor coordination through a progressive skill development plan and controlled body movements through skills taught. The students will show an enjoyment, appreciation for, and a willingness to continue to be physically fit. The students will demonstrate good sportsmanship through guided and structured activities. The students will participate in the motor perception program.

Grade 2

The students will demonstrate agility through bending, stretching, balancing, running, and jumping. The students will identify the need to exercise. The students will act in accordance with safety skills through proper use of equipment and rules. The students will participate actively, joyfully, and cooperatively in various activities. Second grade is the last year the students will participate in the motor perception program.

Grade 3

The students will demonstrate acceptable social behavior as a result of active and regular participation. The students will demonstrate a suitable physical fitness level. The students will participate in motor coordination and controlled body movements through games and activities. The students will act in accordance with the safety rules of the equipment.

Grade 4

The students will demonstrate appropriate physical skills for their age, grade, and gender. The students will demonstrate acceptable sportsmanship through participation. The students will show an appreciation and respect for their peers. The students will identify the Five Food Groups and discuss their importance for a healthy lifestyle.

Grade 5

The students will participate in skill and fitness development appropriate to grade level. The students will show an appreciation for fellow teammates and classmates through guided structured activities. The students will distinguish the uses of various pieces of equipment in sports. The students will identify that good nutrition and learning go hand in hand.

Grade 6

The students will express a preference toward physical activity, which will lead to their life-long commitment to fitness. The students will demonstrate an awareness of their own body structure and growth as it pertains to performance. The students will demonstrate safety and the proper use of the P. E. equipment. The students will demonstrate knowledge that good nutrition lays the groundwork for lifelong health habits.

Grade 7

The students will identify the importance of good health when participating in P.E. activities. The students will demonstrate skills appropriate to their individual ability and age. The students will demonstrate the need for rules, fair play, and controlled play during class. The students will demonstrate an appropriate use of equipment developed through safety skills and rules. The students will demonstrate knowledge of good nutrition to make smart choices from every food groups. The students will identify the balance between healthy eating and physical activity.

Grade 8

The students will demonstrate an awareness of the need for a healthy lifestyle. Individual, partner, and group activities will encourage students in their skill development. The students will show an appreciation for the rules of fair play. The students will acquire a positive self-concept and show respect toward fellow teammates and classmates. The students will identify healthy food choices and discuss the need to be active everyday. The students will identify the Five Food Groups and the key nutrient for each group.