

Physical Education Curriculum

K4 and K5

Students will:

- Learn how to develop locomotion skills (skip, gallop, hop, slide, and run)
- Learn to change direction (front to back, back to front, left to right, right to left)
- Learn how to work with others
- Learn to identify body parts
- Learn to chase and flee
- Demonstrate reflexes and agility
- Learn special awareness
- Learn different running speeds

1st and 2nd Grades

Students will:

- Learn how to develop locomotion skills
- Learn special awareness
- Learn chasing, fleeing and dodging
- Learn correct throwing techniques
- Learn to work with others
- Learn different jumping sequences

3rd, 4th, and 5th Grades

Students will:

- Learn to master locomotion skills
- Learn mature throwing and kicking skills
- Learn to work together
- Learn special awareness
- Learn jumping patterns and rhythm skills
- Learn to chase, flee and dodge
- Learn to use peripheral vision during activities
- Learn ball control and skills for certain sports
- Learn the difference between speed and agility

6th through 8th Grades

Students will:

- Learn and understand the benefits of exercising and flexibility
- Learn to provide opportunities for increased responsibility in planning, organizing, and leadership

- Learn to master locomotion skills to use during different sports
- Learn team play and partner work
- Learn different techniques with footwork
- Learn the difference between speed and agility
- Learn ball control and ball skills
- Learn position awareness during activities
- Learn jumping sequences to music
- Learn the difference between offense and defense strategies during team play
- Learn to work with others with different skill abilities
- Learn to handle conflict with others in a positive way