

# Physical Education Curriculum

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity. Students will gain an access to a physically active lifestyle and understand the relationship between physical activity and health throughout their lifespan.

In Grades K-2, children learn fundamental movement skills and begin to understand how the muscles, bones, heart, and lungs function in relation to physical activity. Students begin to develop a vocabulary for movement and apply concepts dealing with space and body awareness. Students are engaged in activities that develop basic levels of strength, endurance, and flexibility. In addition, students learn to work safely in group and individual settings. Our major objective is to present activities that compliment their natural inclination to view physical activity as challenging and enjoyable.

In Grades 3-4, students at this age level begin to learn and demonstrate more mature loco motor movement and manipulative skills in dynamic situations with body control. 3<sup>rd</sup> and 4<sup>th</sup> graders will begin to identify sources of health-related fitness information. Students will begin to learn sport –oriented activities along with age appropriate activities. During these activities, students will begin to learn game strategies, rules, safety precautions, and etiquette.

In grades 5<sup>th</sup> and 6<sup>th</sup>, students will demonstrate competence such as improved accuracy in manipulative skills in dynamic situations. The basic skills such as jumping, moving, kicking, throwing and catching; applied in previous years, can now be used in game-like situations. Also, students understand in great detail the function of the body, learn to measure their own performance accurately, and develop plans for improvement. Students will identify the types of activities that provide them with enjoyment and challenge that will encourage them to remain physically active throughout life.

Although the acquisition of physical fitness and skill development is important, the emphasis for 7<sup>th</sup> and 8<sup>th</sup> grade students is placed more on participation for enjoyment and challenge, both in and out of school. Understanding the need to remain physically active throughout life by participating in enjoyable lifetime activities is the basis for instruction.